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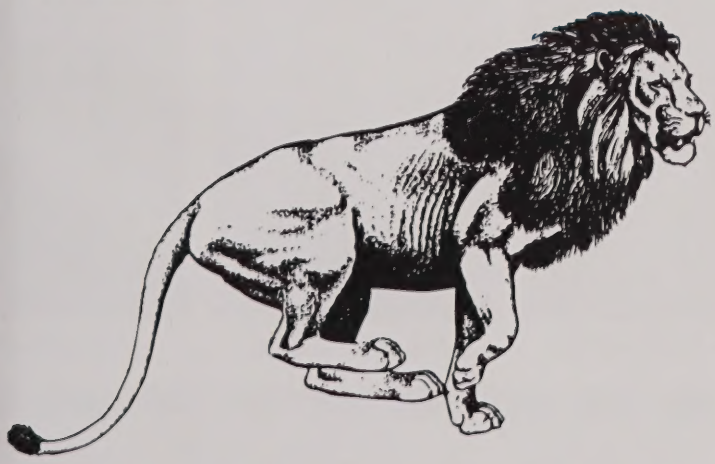
Prepare For The Future...

Ludlow High School turned 50 this year. It was celebrated during Spirit Week in October with a scavenger hunt made by The Lions Pride Club.



Ludlow High School

500 Chapin Street
Ludlow, MA 01056
413-589-9001
http://high_school.ludlowps.org

Class of 2013

The class of 2013 certainly understands the meaning of change. Throughout our four years, many things have come and gone again. Join us on the magic school bus back in time to our first days at LHS.

Freshmen

- Mr. Thompson was there to guide us.
- Our advisors Mr. Augusto and Mr. Lattanzio took us on our first field trip, or was it our last trip?
- Imax and aquarium were on the itinerary. Two hours later, some found themselves on the "T" while others wandered through hotels.
- The rest of us were trying to find the Dunkin' Donuts where we were dropped off at.
- We made our deck the halls debut with a yellow submarine theme...it tanked.
- We bid goodbye to Principal Gordon Smith and welcomed the infamous Gina Flannigan.
- "Stay classy Ludlow!"

Sophomore

- First event on Principal Flannigan's agenda was a pep rally...what's a pep rally?
- Snowpocalypse brought the roof crashing down and February vacation got moved up a week early.
- Chorus met in the Math closet, Drama was in the library, and Gym was just canceled.
- The school rocked our class colors in the form of C-A-U-T-I-O-N tape.

Junior

- Mrs. Flannigan left LHS and Mrs. Nemeth arrived just in time.
- The wonderful Mr. Thompson departed and Ms. Ward was welcomed.
- We said goodbye to Mr. Lattanzio and said hello to Ms. Marino and Mrs. Smith.
- Another snow storm hit and was rightfully named Snowtober
- We channeled the big bad Bruins for deck the halls and took home second place.
- Prom was held at Chez Josef.
- "Don't you dare sing that song!"
- Lava Day was a blast, especially due to the teacher lava monsters."Watch out for the white tiles!"
- Our class had one of the most NHS inductees thus far and half of us weren't failing.

Senior

- The junk food at lunch wasn't so lucky.
- Time for another field trip, off to Boston!
- The Avengers were the champions of the scavenger hunt.
- Frankenstorm decided to make an appearance. Luckily, Halloween was not ruined.

Despite all these obstacles, we were set on making our senior year the best of them all! Best You've Seen, 2013!

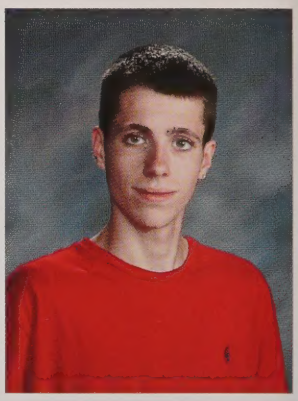
Ava Adamopoulos

Ashlynn Aguilar

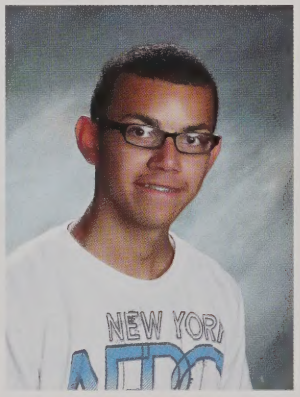
Marcelino Alejandro

Michelle Almeida

Ashley Amaral



Allan Andrews



Jose Aponte

Casey Avery

Kimberly Babiec

Kara Baillargeon

Brandee Baker

Drake Bal

Ashley Banks

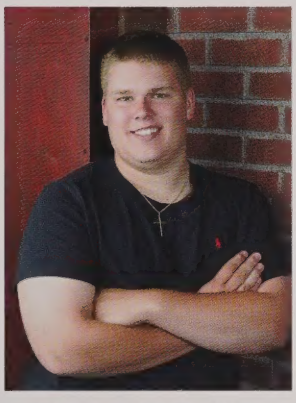
Christopher Barbeau

Katherine Barrett

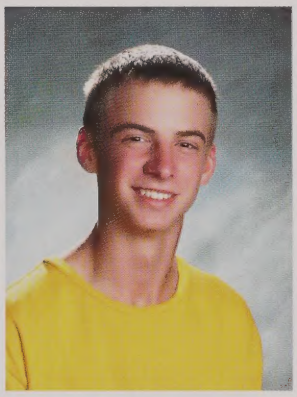
Jillian Batista

Royce Beal

Samantha Belanger



Benjamin Belden



Nicholas Bellucci

Caitlin Bernier

Collin Blake

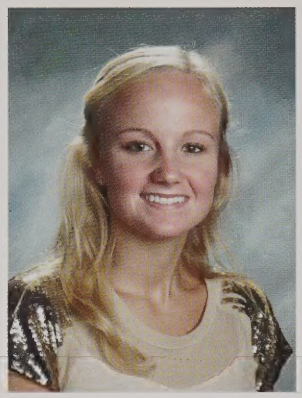
Ryan Boudreau-Soares

Kyle Brissette

Jennie Cadieux

Julianna Cameron

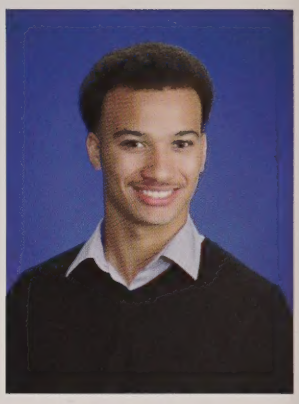
Christopher Cardaropoli



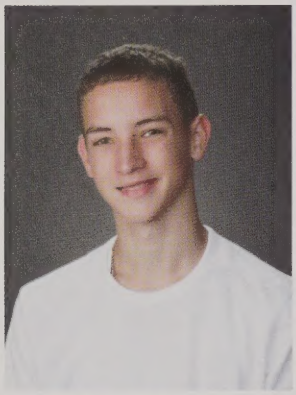
Amanda Carestia

Brian Chipman

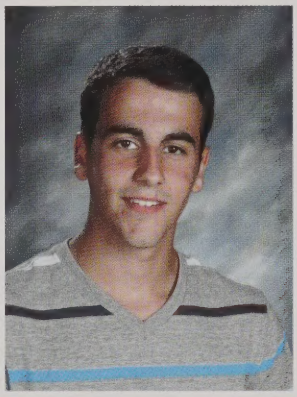
Amber Chisholm



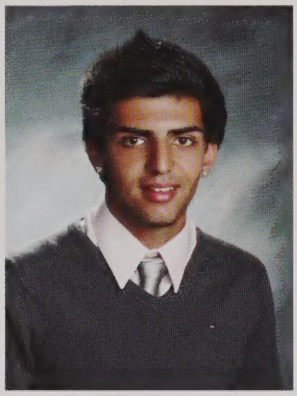
Michael Connors



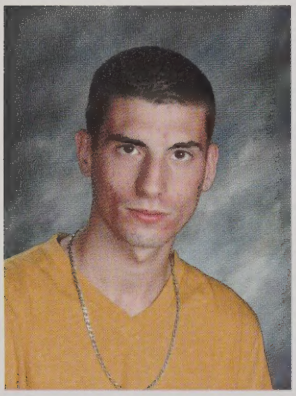
Matthew Corbin



Corey Costa



Guilherme Costa



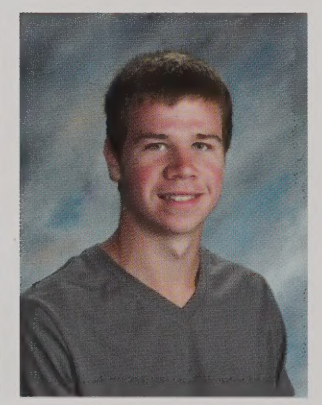
Philip Costa

Rebecca Costa

Kyle Cote

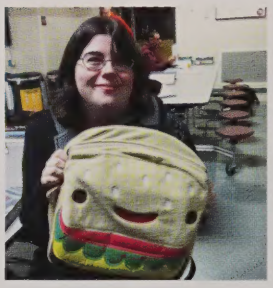
Ariana Crespo

Carly Croteau



Brian Crowley

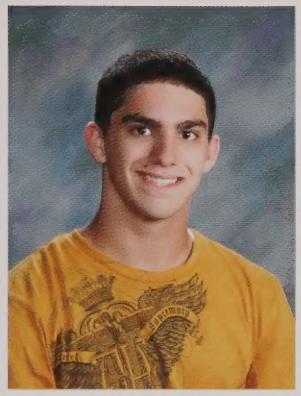
Trends 2013 Backpacks



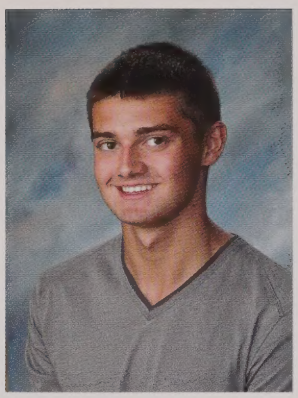
"What I like most about my backpack is when I can hear people talking about how it makes their day a little bit better."
- Caitlin Duffy

"I chose my backpack to represent my original sense of style."
- Sierra Marcus

Michael Culhane



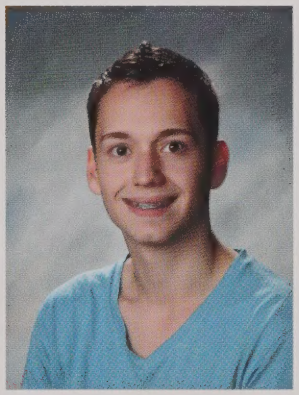
Kyle Dal Molin



Ian Dansereau

Everett Dec

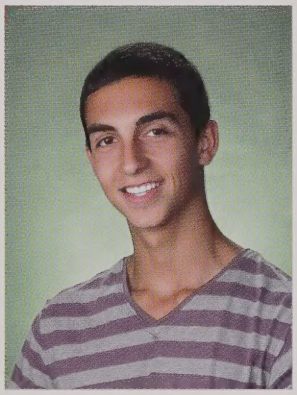
Robin Decoteau



Jonnathan DeJesus

Carly Devine

Ana Dias



Cody Dias

Nathan Dias

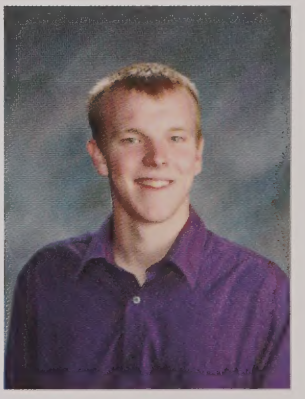
Katrina DiGloria

Aldege Dionne

Morgan Doherty

Matelyn Douglas

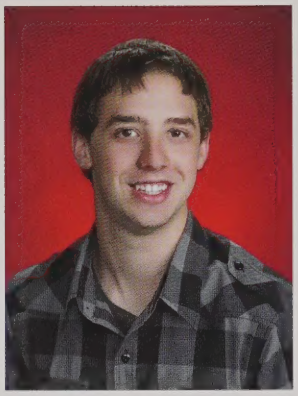
Adam Douville



Andrew Drozdowski

SPECIAL DELIVERY

Devin Duarte

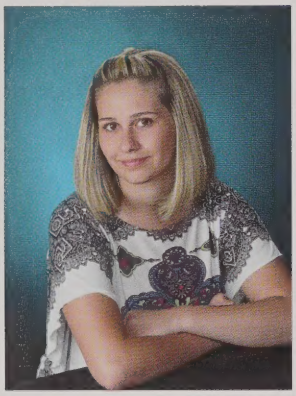


Benjamin DuBois

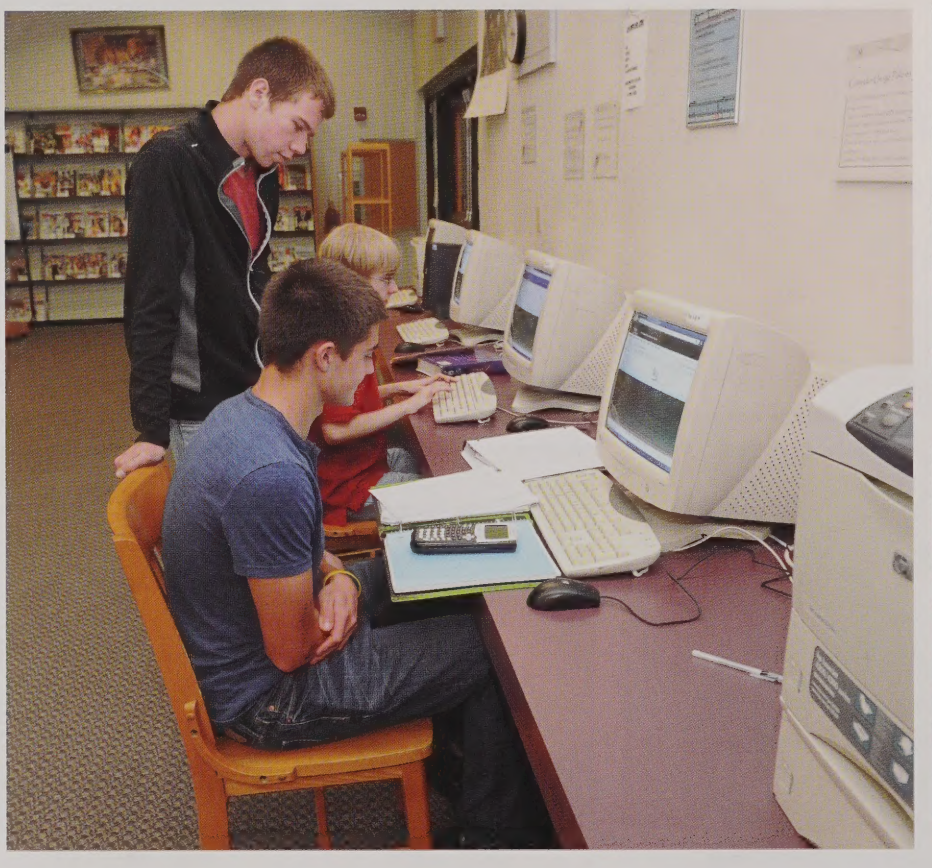
Caitlin Duffy

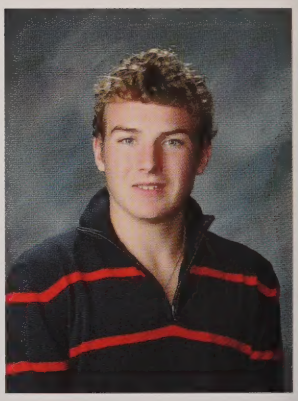
Colleen Dusel

Hannah Eberli



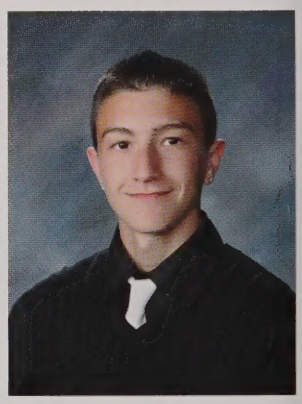
Kylie Echols





Sean Egan

Stefan Eriksen

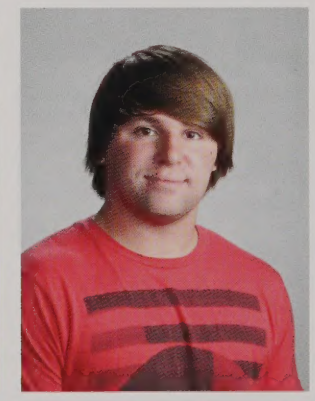


James Esteves Jr.

Alycia Eugenio

Christopher Evans

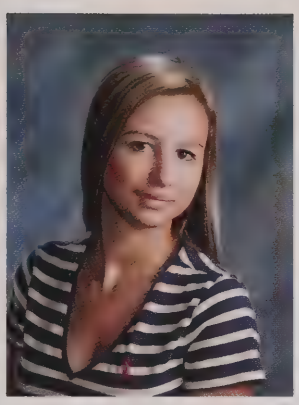
Anna Fairthorne



Tyler Felton-Hoynoski

Sophia Fernandes

Felicia Ferreira


Sarah Ferreira

John Ferrera III

Alea Ferrero

Alyssa Fialho

Christopher Fitzpatrick

Jessica Fonseca

Jocelyn Forcier

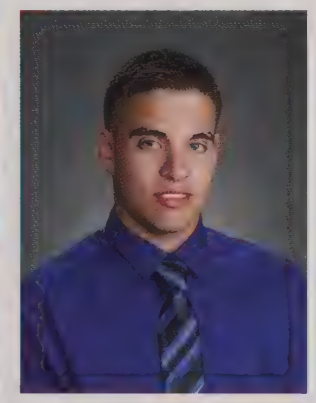
Ross Forcier

Nicholas Forzano

Catherine Fradette

Alexandra Francisco

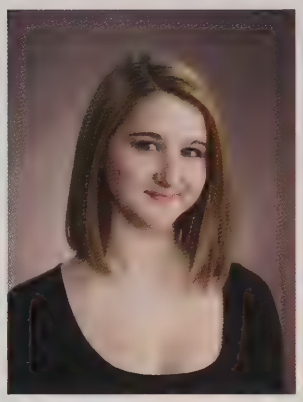
Caitlyn Fratini


Christopher Ganhao

James Garrett III

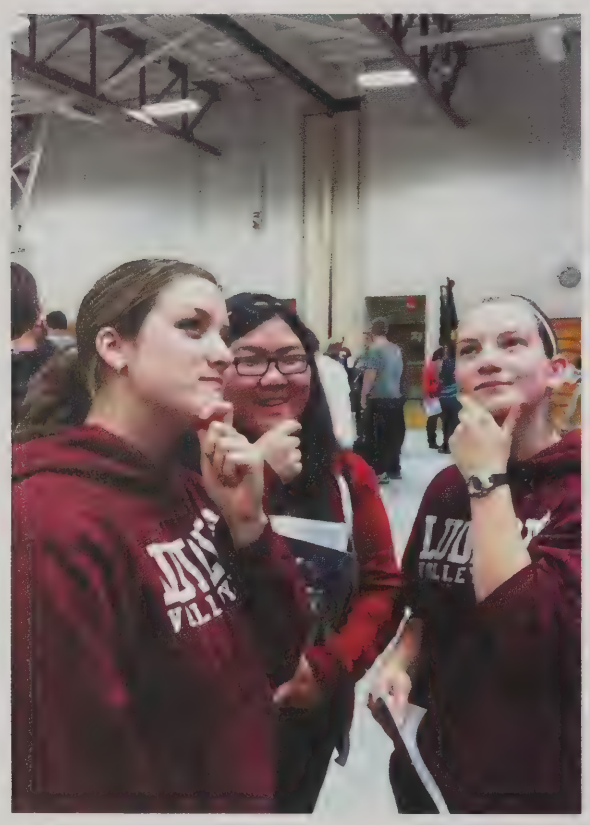
Niko Gasparrini

Brianna Gaughan



Meghan Goggins

Derek Gomes



Where will I go? What will I do?

Seniors Colleen Dusel, Maggie Lau, and Taylor Graffum contemplate during the College Fair on Oct. 24th 2012, where the next four years of their lives will be spent. The college Fair featured over 100 schools and universities. It was a great way for seniors to make some final choices.

Adam Goncalves

Allisen Goncalves

Christopher Goulet

Taylor Graffum

Tessa Grassette

Connor Harrington

Adam Herrick

Katrina Herring

Ashley Hibbard

Ashley Hitchcock

Lauren Hodovanec

Derek Hoeckh

Q&A

Q What's your favorite memory at LHS?

A "My favorite memory from LHS is my first race as a member of the ski team."

Hannah Eberli

Q What's your favorite memory at LHS?

A "My favorite LHS memory was watching the boy's varsity soccer team win States two years in a row."

Fabio Tavares

Jason Hoffman

Alexis Holdsworth

Connor Ingram

Miles Iwasinski

Nicole Jeronimo

Chelsea Johnson

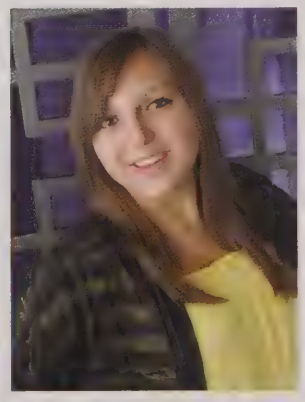
Elizabeth Kania

Chad King

Kristina King

Kieffer Klaesnik-Orszulak

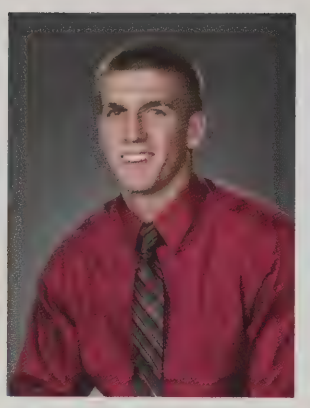
Patrick Klosek



Katrina Kobus

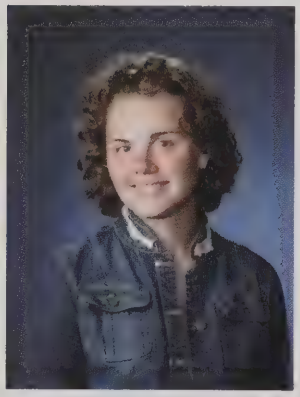
Kyle Kozaczka

Eric Laamanen


Jeremy Lamontagne

Sara Landaverde

Jacob LaPierre


Meghan LaPointe

Nathan LaPointe

Maggie Lau

Michael Lavell

Jon-Luc Lavoie

Jordan Leal

Steven Leandres

Victor Leblanc

Alison Leecock

Konrad Lewandowski

Robert Lizak

Marissa Lozada

Drew Manuel

Sierra Marcus

Stefan Marinello

Theresa Marini

Michael Marshall

Hannah Martin

Aaron Martins

Machado Martins

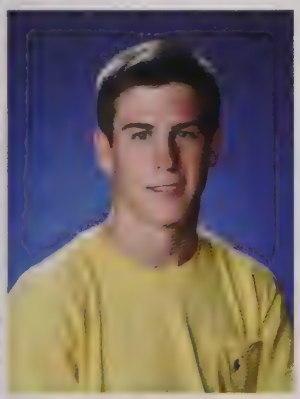
Nichole Martins

Tyler Martins

Chad Martowski

Alex Masse

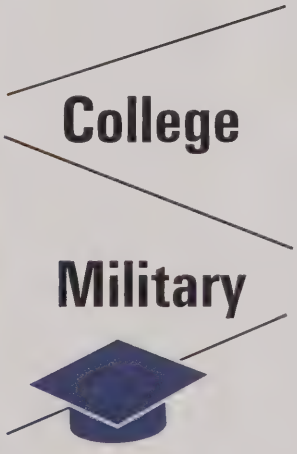
Carly Masse


Aaron McNamara

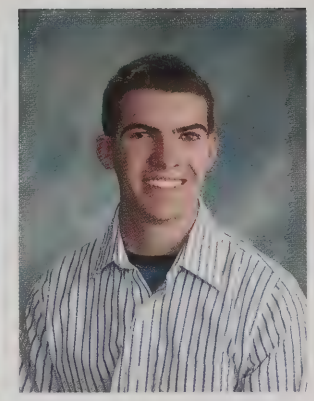
Stephanie McVeigh

Monica Mendes

Future Plans?



Ari Miller


Benjamin Milos

Ernad Minic

Michael Modzelewski

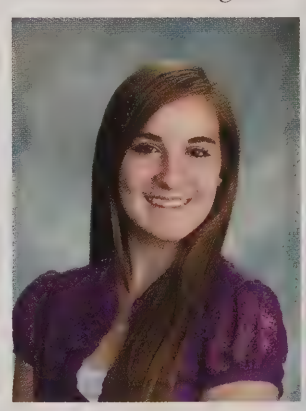
Garret Montagna

Allison Monteiro

Nicole Moore

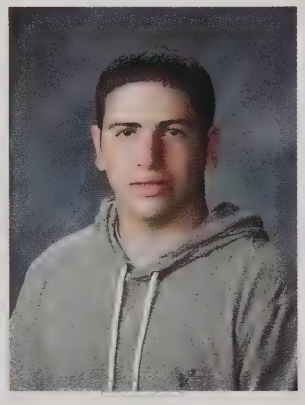
Sara Moreau

Kayla Moreno


Victoria Morris

Anna Mowry

Breanna Moylan


Joshua Negron

Nancy Nguyen

Olivia Nogueira

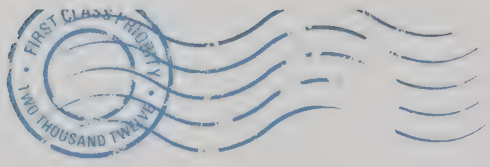
Stephanie Norris

Thomas O'Brien

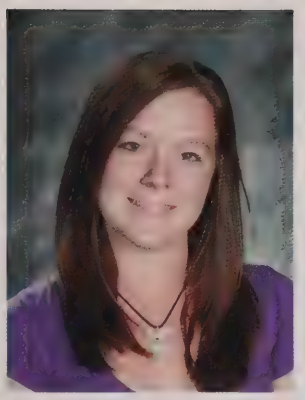
Breana Oatway

Philip Ozzone Jr.

James Page



Lindsey Paradis


Kaitlyn Parent

Jessica Pashko

Disha Patel

Sean Pearce

Curtis Pereira

Dylan Pereira

Xavier Pereira

Andrea Persson

Audrey Pilon

Michelle Pires

Toriann Portier

Luis Quiterio

Tyler Quiterio

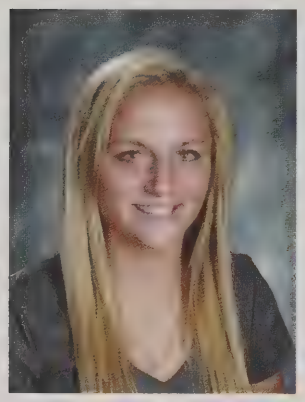
Bryan Rae

Gabriel Ramos

Alexa Repko

Alexia Reyes

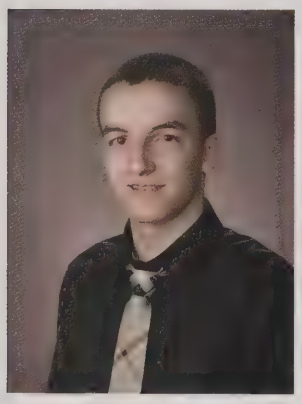
Makayla Reynolds



Elise Roberts

Dylan Robinovitz

Jahbari Robinson



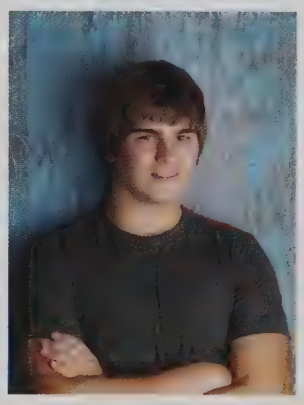
Nelson Rodrigues

Samantha Rodrigues

Alcie Rodriguez

Jonathan Royce

Eric Rucki



Brian Saloio

TRENDS!

Lunch boxes make a comeback!

"I chose my lunch box because I went out looking for one and it was the first one I saw. I knew I had to have it."

Jimmy Garrett

"I would rather have my mom's home cooking than the terrible school lunches."

Nichole Martins

HANDLE WITH CARE

Shauna Santos-Dempsey

Austin Saraiva

Emma Sexton

Caulin Simonds

Matthew Slepecki

Jordan Smith

Tyler Snyder

Maria Stanek

Aneta Sucharski

Piotr Szczepanski

Stephanie Szmyt

Fabio Tavares

Joseph Taylor

Aryelle Teixeira

Deaven Theriault

Elaina Therrien

Matthew Thompson

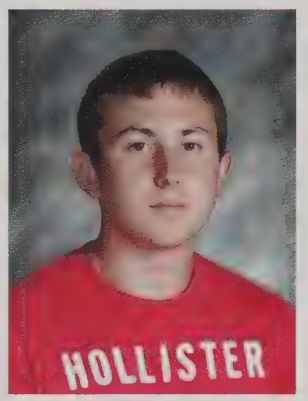
Kyle Tomas

Brittany Venne

Sophia Villano

Breana Vivier

Abigail Walczak



Zachary Warner

Luke Woishnis

Melissa Wojcicki

Ryan Wytas

Sukru Yildirim

Tyler Zeo

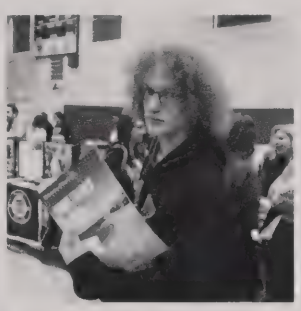
Timothy Zhilyaev

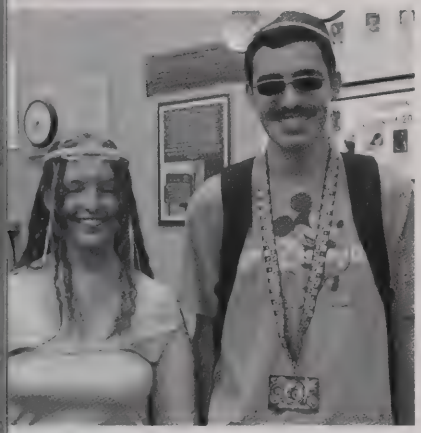
Joseph Ziemba

Jake Zina

Mohamed Mire

Best You've Seen
Class of 2013



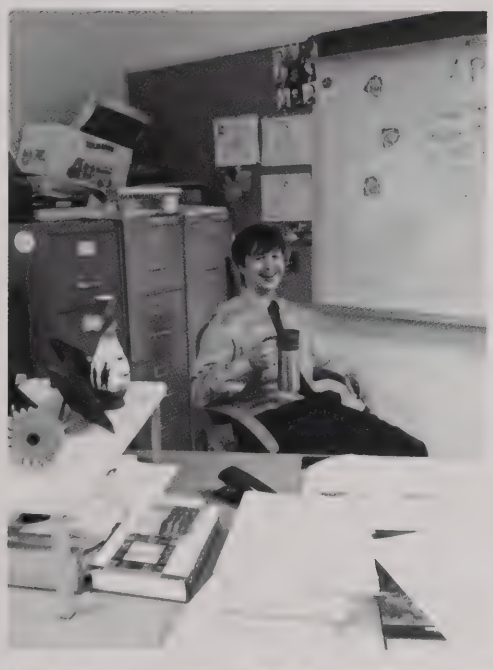


(Right) Maggie Lau, Rebecca Costa, and Sean Egan enjoying a dress up day. Even Seniors need to cut loose.

(Above) Showing off their Heritage and Pride are very proud young men.

(Above) Senior boys find this year a little more relaxing than the past few years. Note the leaned back positions!

The Things We Will Leave Behind



Memories

Laughter

Tears

(Left) Joseph Ziemba seeing how it feels to be in Ms. Lowe's shoes during Dress for Success Day.

What do you want to be remembered for most at LHS?

"I would like to be remembered as a kind person and a well rounded student."

Elizabeth Kania

"I want to be remembered most at LHS for my passion for science and math."

Everett Dec

"I don't want memories of me to end with high school- I want to be greater than high school."
Melissa Wojcicki

"My contribution to the Desforge Challenge."

Ryan Wytas

Junior Class 2014: Moving Up

Only one more year left for the Junior class before they rule the school. This year they showed immense school spirit by winning spirit week and participating in all school events. The annual trip to Salem was nothing short of a success, and the class had a blast! The Junior class definitely showed off their enthusiasm as they planned for the prom. However, this year for the Juniors' wasn't just all fun and games. It was the year of the SAT's and the two daunting 10 page papers. This class surely knows how to balance fun and schoolwork. The Juniors always present themselves as a memorable class and will certainly leave their mark at LHS next year.

Katherine Afonso

Christian Albano

Yormandy Almonte

Christopher Alves

Jeffrey Alves

Nadia Alves

Joseph Andrade

Gina Anselmo

Nicholas Antos

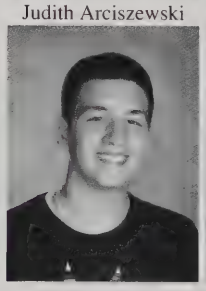
Adrian Archuleta

Judith Arciszewski

Abigail Arnold

Amanda Banks

Jonathan Barroso


Tyler Bastos

Danielle Bates

Daniel Batista

Ashley Benoit

Jacqueline Benoit

Terrance Beusee

Tiffany Blake

Vitor Blanco

Ivan Borissenko

Kevin Borowiec

Kevin Bourgeois

Gianna Bracci-walsh

Alyson Bruneault

Dimitri Bryant

Joseph Burns

Shannon Callahan

Luis-miguel Calvao

Julie Carestia

Madison Carr

Elizabeth Castro

Devin Cave

Jacob Chappel

Joshua Charest

Christina Charpentier

Samantha Chmiel

Jessica Coelho

Brianna Colaccino

Jesnia Colon

Edward Comtois

James Constantino

Khristine Consuegra

Brian Cormier

Telmo Costa

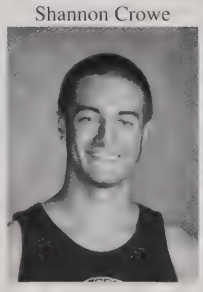
Tyler Cote

Shannon Crowe

Amber Curry

Steven Dacosta

Cooper Dalton


Jeffrey Danek

Kevin Dasilva

Elias Dec

Matthew Dent

Joshuah Desantis

Emily Dewolf

Cristina Dias

Victoria Dias

Elysandra Diaz

Samantha Dominique

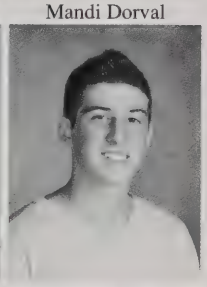
David Dones

Mandi Dorval

Matelyn Douglas

Emily Drown

Jacquelyn Dubour


Nicholas Dunn

William Eagen

Kayla Egan

Monica Evans

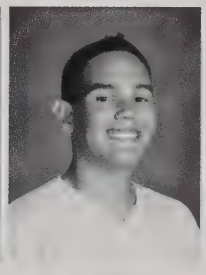
Evan Fenn

Jonathan Fernandes

Alexandria Ferreira

Andre Ferreira

Francesca Ferreira


Nathaniel Ferreira

Tomas Fialho

Meghan Flowers

Chloe Forrant

Sean Fournier

Madison Foye

Alexis Gamache

Lauren Gamache

Chance Garbarino

Arianna Garcia

Emma Garcia

Victoria Gates

Timofey Gavrilov

Colin Giebner

Anthony Gillette

Bahar Gokcek

Justin Goncalves

Nicholas Goncalves

Danielle Gotta

Thomas Goyette

Jakub Guberow

Nathan Hague

Jason Halgas

Zachary Hall

Andrea Haluch

Abigail Hardy

Hannah Haryasz

Shannon Hastings

Jonathan Hawes

Teresa Hoeckh

Bradley Hoffmeier

Kyle Houle

Beraa Ibas

Nicholas Jacuby

Donovan Jennison

Hayley Johnson

Kaitlin Jordan

Daniel Jorge

Belinda Jozefczyk

Joshua Kakley

Emelie Kalesnik

Alicja Kania

Alicja Kania

Oguzhan Karaaslan

Jessica Kawalec

Kristina King

Abby Kinsey

Richard Kuehn

Matthew Kurtz

Kane Kwatowski

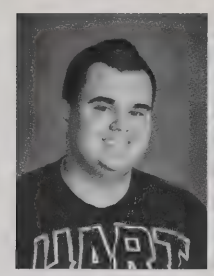
Cameron Labelle

Amandalynn Lacrosse

Alexander Lafayette

Amanda Lafayette

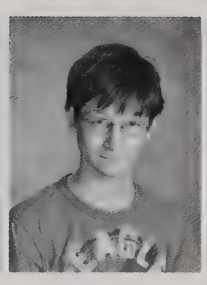
Carlos Landaverde


Nicholas Lapierre

Shane Lapointe

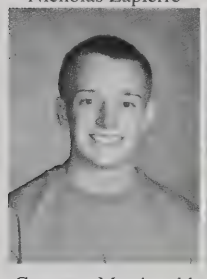
Ryan Lavigne

Courtney Leduc


John Lenz

Sylwia Lipior

Briana Luzio


Cameron Macdonald

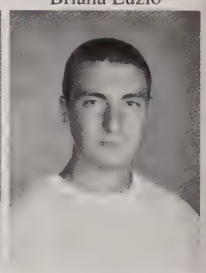
Stefania Mahar

Sonia Manuel

Haley Marion

Luis Martinez

Alyssa Martins


Christopher Martins

Jordan Martins

Kayla Martins

Myranda Martins

Daniel Matias

Mika Matias

Rachel May

Kimberly Mccarthy

Ciara Mccready

Emilia Mcdaneld

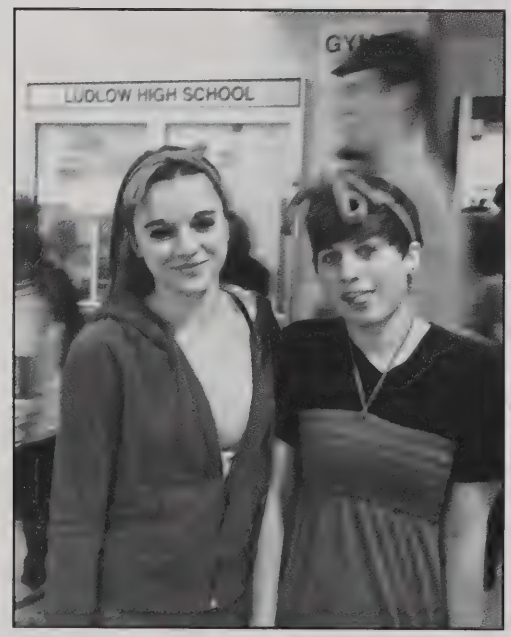
Samantha Mcrobbie

Tianna Meak

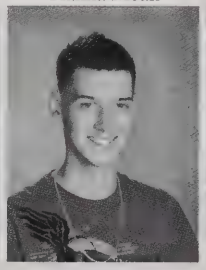
Kyle Medeiros

Stephanie Medeiros

Katherine Menches



Julie Mesheau

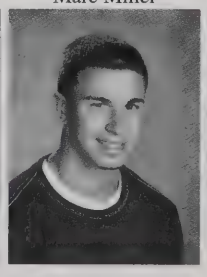

Marc Miller

Jocelyn Minie

Sylvia Mitus

Cayla Mole

Kaitlynn Monette


Patrick Morais

Tyler Moreau

Alondra Moreno

Raymond Morin

Nelson Mourao

Thomas Mullaney

Nicholas Mullins

Justin Nadolski

Troy Nascimento

Kirsten Noga

Nicholas Nogueira

Vanessa Nogueira

Brandon Nowakowski

Erik Nyzio

Gina Orlandi

Amanda Oski

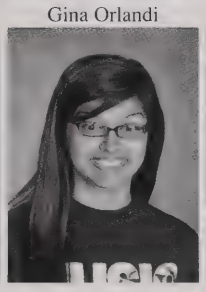
Lindsay Paixao

Lauren Papianou

Lindsey Pare

Joseph Parker

Derek Pashko


Gopi Patel

Anita Patrie

James Patterson

Alexis Pereira

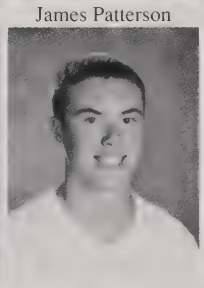
Meghan Pereira

Kayla Perez

Michael Pierson

Cody Pinto

Toriann Portier


Nicholas Potorski

Alphonse Provost

Tyler Quinn

Alexia Reyes

Makenzie Reynolds

Raquel Rhodes

Marissa Ribeiro

Cassandra Ricardi

Caroline Rivera

Sebastian Rivera

Liliana Rodrigues

Mario Rodrigues

Hailey Rosa

Zecarlos Roxo

Allison Roy

Christopher Ruby

Michael Ruby

Alyssa Russo

Cheyenne Ryczek

Sarah Saccamando

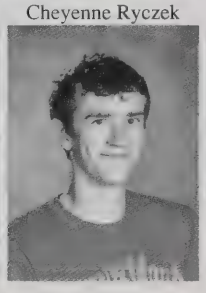
Jordan Sakaske

Breanna Saloio

Gabriella Saloio

Justin Sanchez

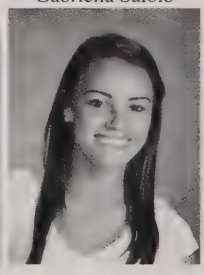
Logan Schinabeck


Tyler Seibert

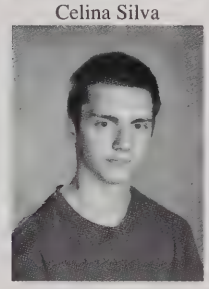
Andre Silva

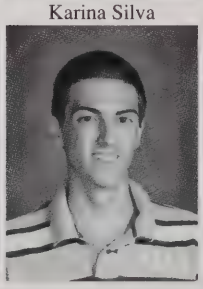
Celina Silva

Karina Silva

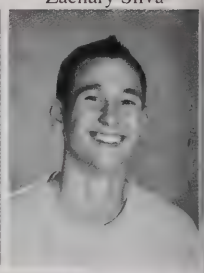

Mary Silva

Zachary Silva


Victor Sinigw


Peter Skaza

Joanna Skora


Kyle Smith

Elissa Socha

Kristos Stebbins

Caroline Suska

Amber Sutherland

Kiara Tatro

Elaina Therrien

Miguel Torrao

Kelvin Torres

Heather Touchette

Hannah Tremblay

Justine Trowbridge

Nathan Turgeon

Scott Urban

Alyshia Valintine

Tiffany Vestal

Cory Vigneault-kukla

Victoria Vikhrev

Mercedes Villeneuve

Tyler Vital

Brittany Washington

Brandon Watt

Jason Wegiel

Brandon Wheeler

Ethan Wheeler

Katarzyna Wielblad

Olivia Wojtowicz

Emily Woods

Zoe Wright

Thomas Yagmin

Paula Yelinek

Jonathan Young

Sophomore Class 2015

The sophomore class this year has learned that they can earn more freedom, but as with everything else, more freedom means more responsibility. Sophomore year was a time when the class branched out and joined new clubs or sports. They grew stronger bonds with the friends they made freshman year, while also developing new friendships with people that shared their interests. This is also the time when they bought class rings to show pride in their school. However, with all these good things comes responsibilities such as PSATs and MCAS. By the end of sophomore year, half of their high school career was over and soon they get to look forward to the perks of being upperclassmen.

Cynthia Acevedo

Hayden Adams

Kani Alli

Breauna Allore

Jordany Almonte

Emily Alves

Emily Aniceto

David Annecchiarico

Korcan Atmaca

Jeffrey Babiec

Sonia Baltazar

Elizabeth Barrett

Alyssa Bauch

Halit Bayrak

Mckenzie Bingham

Austin Blair

Josue Bournigal

Oliwia Bragiel

Anthony Breault

Zoe Bryan-nelson

Nolan Buck

Anthony Calvanese

THEY SAID WHAT?

"The college fair was a great opportunity to look at different colleges. The people that I talked to really helped me narrow down what kind of college I am looking for."

Jill Decoteau

"The college fair was really helpful and it made me look at other colleges I hadn't considered. There was a lot of choices they had to offer."

Jen Fontoura

Alexis Casagranda

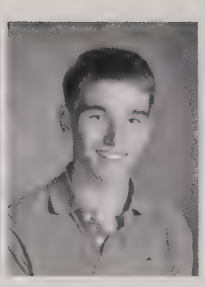
Angela Catarino

Mary Chambers

Christopher Charest

Olivia Chartrand

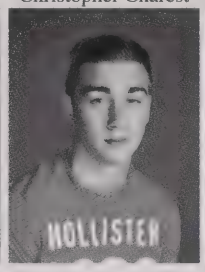
Kendall Chase


Nicklaus Chisholm

Kyle Coelho

Matthew Connors

Charles Cook



Nicholas Cordeiro

Leniah Correa

Denise Costa

Shayla Costa

Nicholas Crane

Caylie Czochara

Courtnie Czochara

Daniel Dach

Abilio Dacruz

Desirae Darmand

Alexander Davies

Jill Decoteau

Bradley Dejesus

Brittany Dias

Jacqueline Dias

Meagan Dias

Keiser Diaz

Tyler Diotalevi

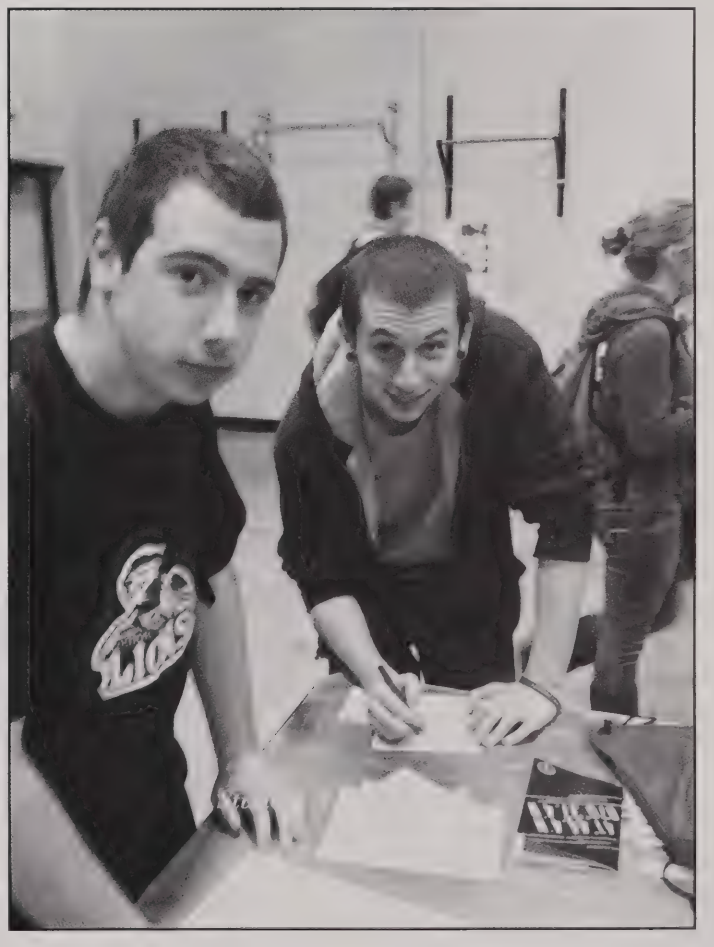
Kyle Dipenta

Nicholas Docarmo

Connor Doherty

Ryan Dowd

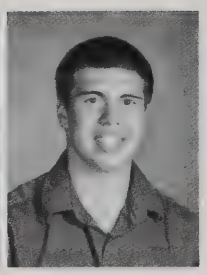
Zackary Dowling



Jensen Ducharme

Harvey Dulude

Nathan Dunn


Connor Duquette

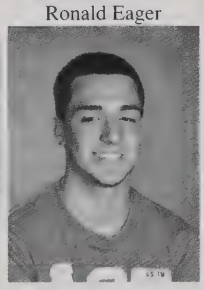
Summer Dutton

Ronald Eager

Athena Eugenio

Ryan Felton-hoynoski

Mark Fernandes


Samuel Fernandes

Lauren Ferreira

Stephanie Ferreira

Joseph Ferrera

Mia Ferrera

Jordan Ferris

Brianna Fitzpatrick

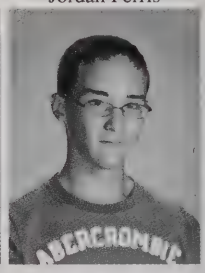
Alex Fontaine

Jennifer Fontoura

Rachel Forcier

Joseph Forzano

Danielle Francisco

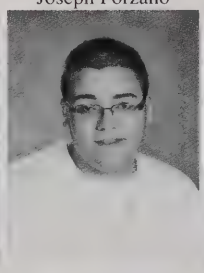

Jacob Francisco

Julie Francisco

Nathan Francisco

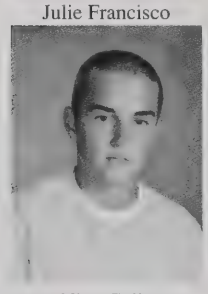
Zacharry Frangules

Rosita Freeman


Jeffrey Freitas

Victoria Freniere

Connor Frigon


Nico Gallo

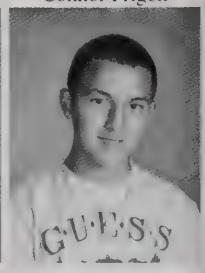
Adam Garete

Brad Garete

Nicholas Garrity

Danielle Gelinas

Thomas Gennette



Daniel Gil

Luis Gomes

David Goncalves

Michael Goncalves

Ronald Goodreau

Megan Gregoire

Daniel Grenier

Shane Guerin

Alyssa Guyon

Sarah Hackett

Matthew Halastra

Austin Harris

David Harris

Dillon Harris

Emily Hart

Alexandrea Hayward

Andrue Holbrook

Jessica Holley

Jackson Hosking

Taylor Hunt

Cameron Hurley

Daniel Jalowski

Bailey Jones

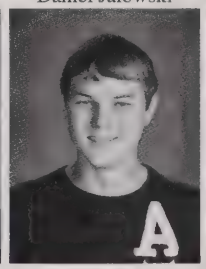
Kelsey Jordan

Travaughn Josey

Joshua Justiniano

Marissa Kane

Michael Kelly


Kyle Kipetz

Diamond Kitt

Joshua Labonte

Kamil Lachut

Tristan Lage

Angela Landry

Daniel Lavigne

Brett Layman

William Leblanc Ii

Brianna Lefebvre

Grace Lemek

Robert Libiszewski

Samantha Lind

Chelsea Lindblad

Samantha Lizzotte

Alyssa Lucas

Bruno Machado

Brittany Marsh

Amy Martin

Meghan Martowski

Kelly May

Monica Mazur

Steven Mazza

Kierra Mccarthy

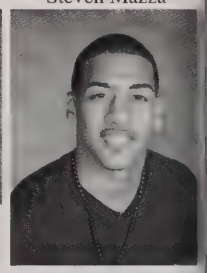
Meagan Mccarthy

Meghan Mccarthy

Paige Mccoubrey

Emily Mcgourty

Marie-nicole Meak


Esmerlin Medina

Alexis Melling

Hafsa Mire

Erika Mitchell

Ashley Molidor

Austin Moniz

Austin Moniz

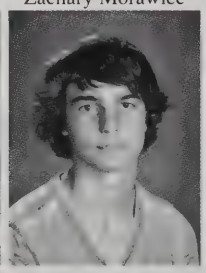
Tyler Montgomery

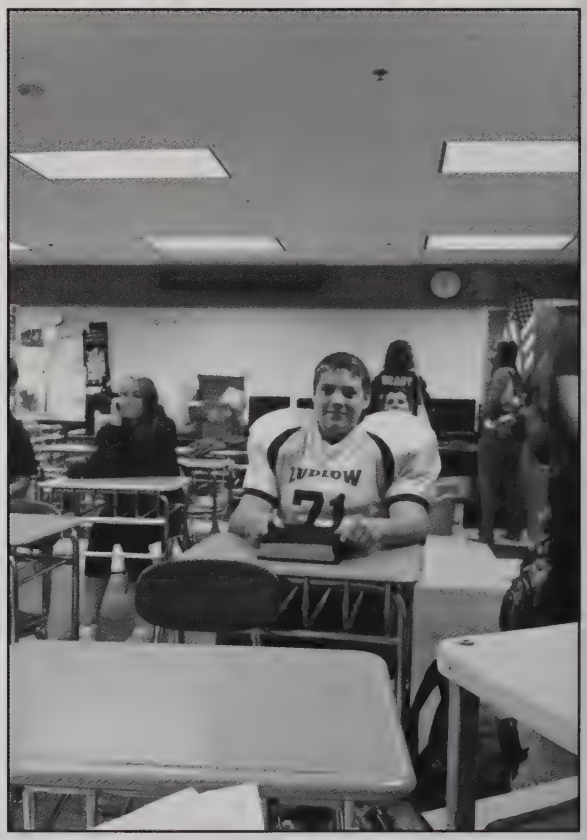
Zachary Morawiec

Marisa Morrissette

Jordan Murray

Kaylee Murray


Michael Neylon



Alexis-marie Nunes

Kevin Nyzio

Mairead O`sullivan

Christina Oatway

Nicholas Orszulak-Chelo

Michael Ostrowski

Bryan Ovelheiro

Muhammet Ozdemir

Molly Palatino

Kailah Papuga

Collin Paradis

Savannah Parker-caron

Cheyenne Patrie

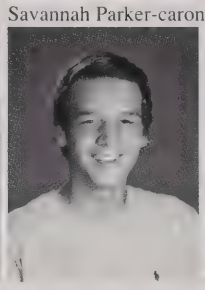
Joshua Paulino

Joshua Paulo

Joseph Peluso

Michael Pepin

Michael Pepin


Gabriel Pereira

Veronica Pereira

Noelle Picard

Michael Pires

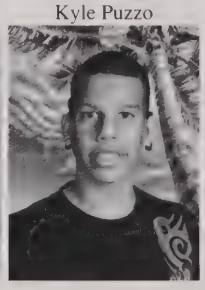
Sonia Portela

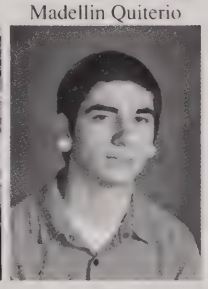
Kyle Puzzo

Madellin Quiterio

Gaige Rame

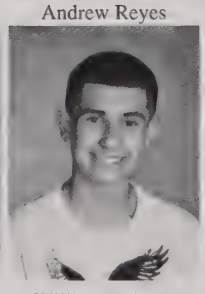
Monique Rego


Andrew Reyes


Diogo Ribeiro

Jeremy Ribeiro

Maxwell Ritter


William Roberts

Anthony Rodrigues

HE SAID

"I bought a class ring for school pride."
-Tristan Lage

Shakiry Rodriguez

Ian Rouillard

Shyane Sakaske

Sara Saloio

Jessica Sanches

Dialy Santiago

Nicholas Santos

Olivia Santos

Vanessa Santos

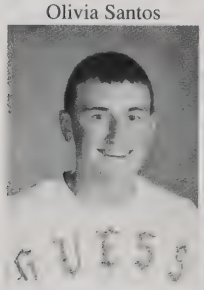
Nicholas Scyocurka

David Serafino

Emily Sevigne

Emily Shyloski

Sarah Sienkiewicz


Kevin Simonds

Elizabeth Skaza

Audra Smith

Brian Snyder

Devon Snyder

Tyler Spedero

Nicholas St. Pierre

Kevin Stec

Katelyn Sweetman

Kathryn Szmyt

Alyssa Szymczyk

Arianna Tarantino

Emily Tarullo

Jack Tashjian

Tara Tessier

William Thompson

Dylan Tomas

Paige Toniatti

Katie Tucker

Zoe Vital

Paige Wainwright

Nicholas Walczak

Diana Wegiel

Alexis Williams

Yavuz Yanbul

Alexandra Zimmerman

Lauren Zrakas

Class of 2016

Freshman year is just the beginning. From the first day of school the class has had to overcome many obstacles, on top of finding all of their classes.They had to adjust to a new school, new teachers, and a different schedule. Despite all of these changes, they put together an awesome deck the halls theme which centered on monopoly. This class is motivated to be a major part of the school and are sure to do great things during their time at LHS.

What are you most looking forward to?

"I can't wait to be a senior so I can be done with school."

Zion Cruz

"I am looking forward to varsity sports."

Ryder Hastings

Richard Adams | Joscelynn Aguilar | Shannon Aleixo | Kirstie Bailey-Shaw | Trinity Baker

Kimberly Balbino | Elecktra Banas | Olivia Barbeau | Kyle Bastos | Matthew Beauregard

Michael Belculfine | Spencer Bertini | Cassidy Bogacz | Brooke Bohl | Faith Bolieau

Tahsin Boluk | Zachary Boyer | Adam Breslin | Shyanne Brueno | Joshua Burtt

Timothy Cardaropoli | Timothy Carmody | Collin Carosello | Max Casagranda | Julie Chmura

"Is high school harder than middle school?"

"I think high school is a lot easier than middle school. You hear stories that high school is harder, but it isn't.
- Amy Quenneville

"I think it's a little harder, but the studies help."
- Giavanna Colacinno

Mateusz Cieslak

Alexis Cirillo

Khanze Clark

Stephanie Clarke

Alyssa Coelho

Jillian Coelho

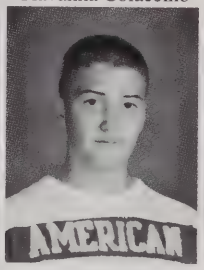
Giavanna Colaccino

Jonathan Colson

Julie Comtois

Tyler Corriveau

Alyssa Costa



Matthew Costa

Lanna Coviello

Erica Crespo

Zion Cruz

Zachary Dart

Ryan DaSilva

Jacob DeSantis

Shannon Deso

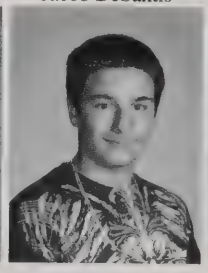
Brooke Dias

Gabriella Dias

Nicole Dias

Larissa Diaz

Larissa Diaz


Justin Domingos

Elise Dube

Peter Dzierwinski

Dylan Eagen

Liam Eagen

Michael Eskett

Cameran Eugenio

Anthony Fernandes

Christina Ferreira

Lia Fialho

Luis Fialho

Jennifer Fish

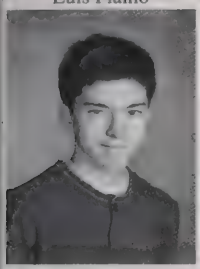
Morgan Foye

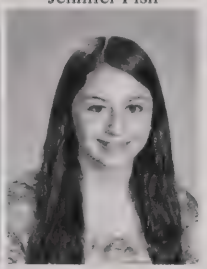
Noelle Fradette

Tea Franco

Zoe Frangules

Caitlin Gagnon


Dylan Gagnon


Julia Garvey

Sara Gebo

Nicholas Godbout

Emma Gomes

Hannah Goncalves

Nicholas Goncalves

Ewlises Gonzalez

Matthew Gover

Jeffrey Grassette

Ian Grimes

Kyle Grondalski

Stephanie Guillen

Mert Gunaydin

Jennifer Hackett

Izabela Halastra

Riley Harrington

Ryder Hastings

Brandan Heath

Shelby Heath

Steven Herbert

Alexandria Herter

Alex Hervieux

Kyle Hewes

Kylie Howard

Tolunay Ibas

Ryan Jacuby

Mia Jeronimo

Mackenzie Johnson

Xavier Jones

Evan Jurkowski

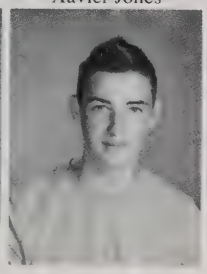
Tymothy Justiniano

Alexander Kalesnik

Leah Kareta

Alexandrea Karriker

Patrick Kelliher


Davin Kendall

Kasie Keough

Marissa Kopec

Stephanie Kukla

Vanessa Laboy

Brandon Lafever

Michael Landry

Susan Lenz

Sydney Leroux

Noah Lovotti

Nakkita Macdonald

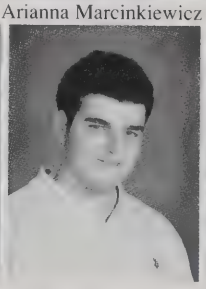
Tyler Maki

Arianna Marcinkiewicz

Carlina Marinello

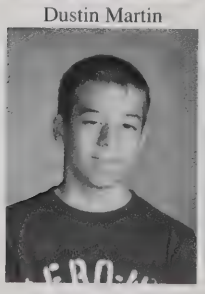
Amanda Martin

Dustin Martin


Sean Martins

Amanda Matias

Autumn Maynard


Andrew Melling

Alexis Miller

Marcus Miller

Ibrahim Mire

David Modzelewski

Sarah Monette

Corey Monteiro

Cassandra Morris

Caroline Murphy

Jake Murphy

Matthew Narreau

Sarah Narreau

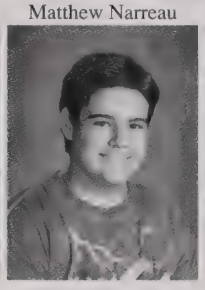
Katylin Nelson

Parker Nelson

Haley Nemeth

Sean Nugent

Hannah Orlandi


Bailey Ormeche

Justin Ottomaniello

Kayla Ovelheiro

Anastacia Papuga

Ava Parent

Alison Pariseau

Derek Parolo

Rose-marie Pelchat

Hannah Pomerantz

Maksim Popov

Kaelan Queiros

Amy Quenneville

Danielle Quenneville

Nathan Quiterio

Gregory Racine

Kaitlyn Rafferty

Adrien Rescia

Annette Robak

Daniel Rodrigues

Haylie Rodrigues

Devin Rodriguez

Angela Ruby

Shania Sakaske

Mohammad Saleh

Jennifer Saloio

Michael Salvas

Anthony Santos-arbo

Hunter Schinabeck

Sydney Scyocurka

Hunter Seibert

Devin Senerchia

Kaeli Serafino

Jessica Sevigne

Allyson Silva

Luis Miguel Silva

Patrick Small

Tiffini Small

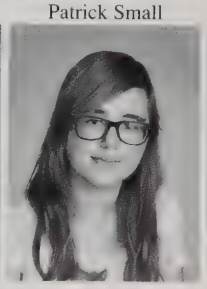
Chadd Smith

Hannah Smith

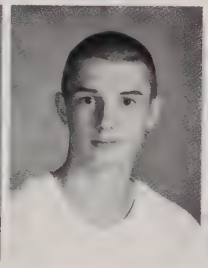
Anthony Spano

Brianna St. Marie

Nicholas Strange


Meredith Sullivan

Blaire Switzer


Austen Sylvester

Nicholas Tavares

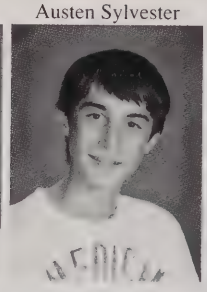
Andrea Taylor

Patrice Taylor

Selina Teixeira

Jylian Tereso

Anthony Trigilio


Shawn Urban

Brianna Valintine

Samantha Van Wart

Joyce Vaughn

Kristen Vazquez

Jenna Venancio

Keith Venancio

Sergey Vikhrev

Scott Volker

Thad Wainwright

Travis Walbert

Douglas Webb

Madeline Webber

Wesley Welch

Laura Wells

Ashley White

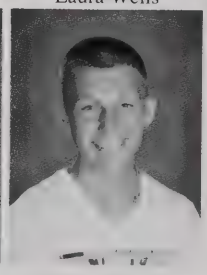
Krystal White

Sharon Williams

Jake Witkowski

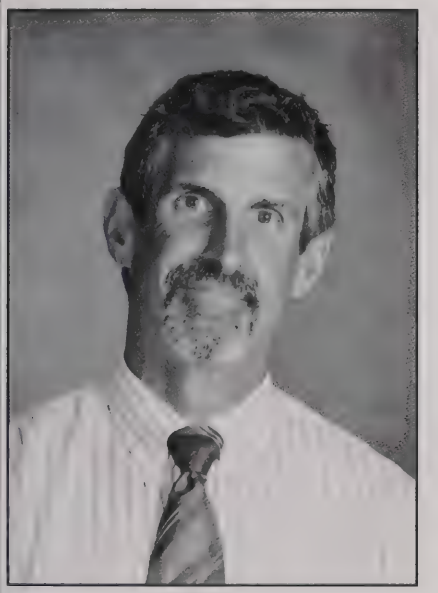
Emily Worpek

Hannah Worpek

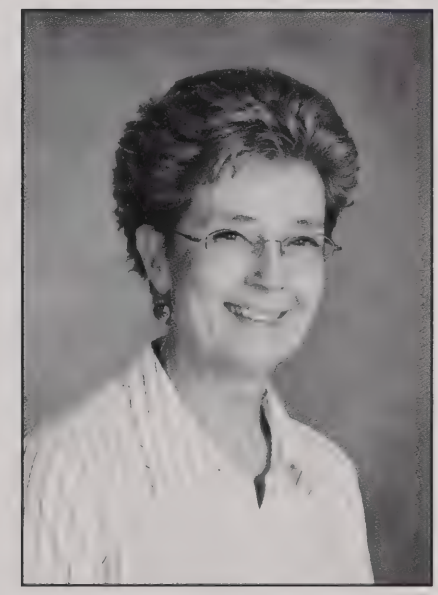

Nathan Zucco

Principal Lisa Nemeth

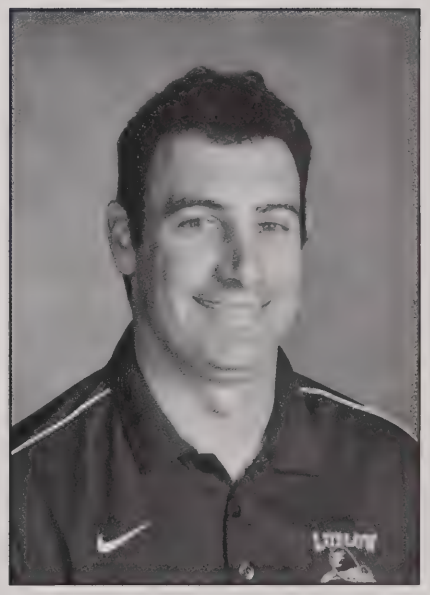
11th-12th Grade House
Vice-Principal
Nancy Kurty



9th-10th Grade House
Vice-Principal
Michael Halpin



Director
of Guidance
Lin Duame



Athletic Director
Timothy Brillo

Administration- Leaders of the Lion Pack

Faculty and Staff: Preparing YOU for the future

You may not always love them, BUT you know they always have your best interest in mind. All the faculty and staff at LHS is on a mission; A mission to see you succeed. Whether its through academics or extracurriculars they are always there encouraging you! SOOOO... Have you figured out what "getting bitten by the lion"means?

Kurt Anderson

Felisa Andross

Mark Augusto

Jeanne Auvine

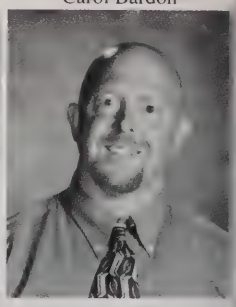
Carol Avery

Carol Bardon

Jennifer Bedore

Lisa Benoit

Tracey Blair

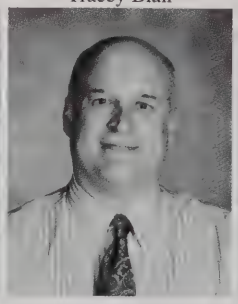

Thomas Bly

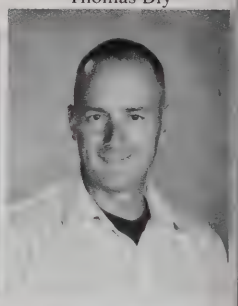
Lydia Brady

David Breglio

Jessica Brehaut

Theresa Bullock


Brian Bylicki

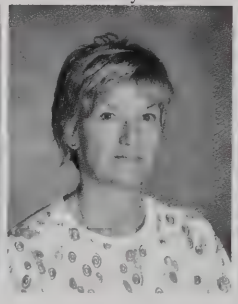

Charles Cangemi

Cory Carr

Lynanne Cerruti

Holly Chacon

Stephanie Chmura


Stephanie Chmura

Elizabeth Cohen

Tammy Cook

Linda Courtney

Bonnie Dias

Katherine Dias

Christina Dionne

Lisa Diotalevi

Crystal Dufresne

Jacqueline Dupont

Rachel Durante

Angelique Early

Gary Elson

Martin Fanning

Kyle Fenton

Maria Fernandes

Tina Fisher

Michelle Fontana

Stuart Gamble

Lindsay Gauthier

Rebecca Gauvin

Natalie Gebo

Stephanie Gomes

Cynthia Goodreau

Adam Graves

Jamison Hedin

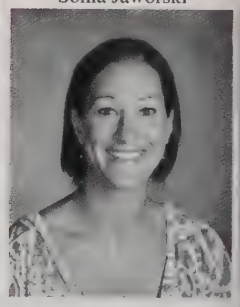
Daniel Henry

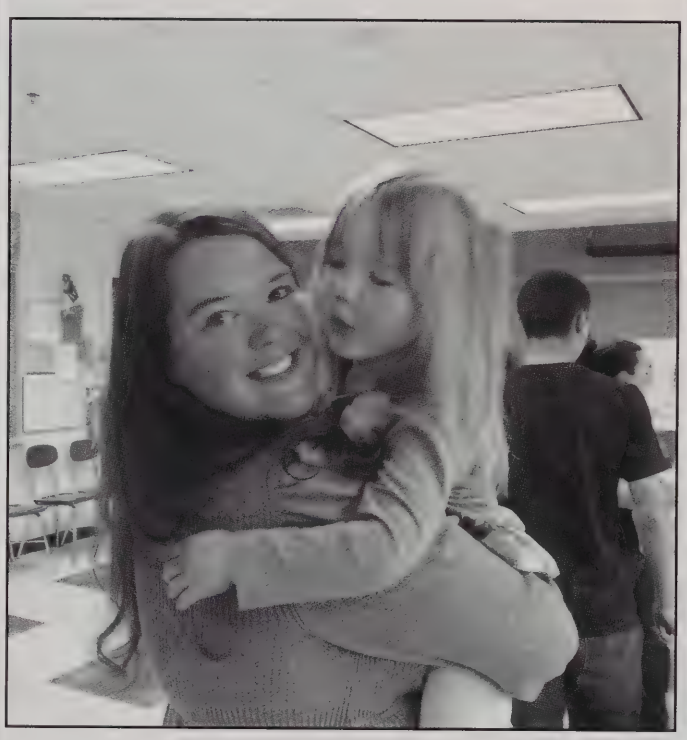
Christine Heymanns

Sonia Jaworski

Eric Johnson

Ingrid Jones


Jennifer Karalekas



(Above) Mrs. Meredith Smith and her daughter Cameron all smiles at the Sao Martinho after school social.

Ruth Kellogg

Eliza Lacroix

Nicole Laguerre

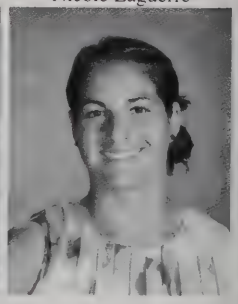
Paula Lane-major

John Lattanzio

Hollington Lee

Amber Lowe

Carey Maguire


Kathleen Marino

Susanne Markus

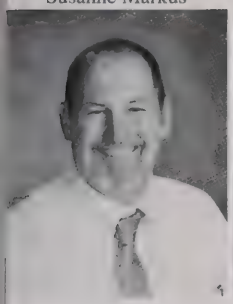
Michelle Masse

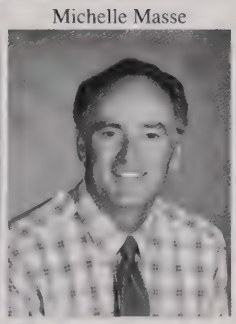
Rebecca Mathisen

Kevin Mcavoy

Lisa Mccullough

Anna Miranda


Brian Mulvehill


John O`connor

James O`hearn

Beth Oliveira

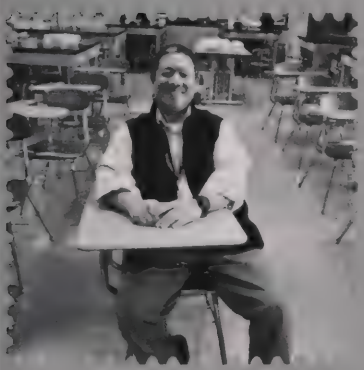
Richard Oliveira

Jessica Olmo

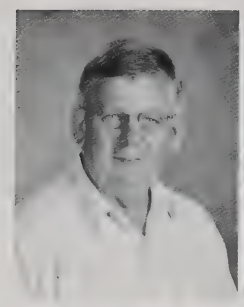
Outside the Classroom...

When Mr. Rea and Mr. Snow aren't teaching us, they are playing in their band Fiesta Brava. The four man group includes Mr. Snow as the drummer, and Mr. Rea as the singer and guitarist. The band's name comes from a Hemingway and Spanish term used to describe bull fighting. The band writes their own songs and have recently released their first full length CD album, "This is Us Tomorrow."

In the fall Mr. Phelon spends his Sundays cooking at his friend's pancake house. It all started when a friend asked Mr. Phelon to evaluate his kitchen and told him that he was in need of a Sunday cook. Mr. Phelon agreed and has been there for the past eleven years.



Mr. Lee and his wife have their own business recording memoirs. Mr. Lee plays the technical role while his wife handles the interviews. People of all ages record their special memories to share with family and friends. These memoirs can be heard at www.wordspicturesstories.com. "Everybody's got a story."


Leonard Phelon

Jennifer Picard

Barbara Piela

Elizabeth Pierga

Aderito Pires

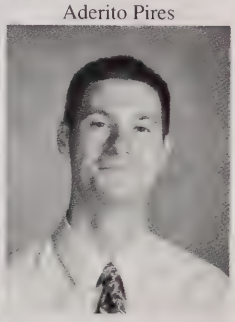
Teresa Poteat

Deborah Potter

Jennifer Prior

Martha Queiroga

Shannon Ramah


Christopher Rea

Carlos Sanches

Diana Sands

Joanne Santos-pontes

Meyleen Sierra

Brett Smith

Heather Smith

Meredith Smith

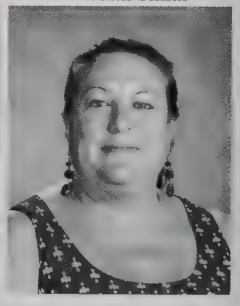
Matthew Snow

Cheryl Snyder

Donna Soja

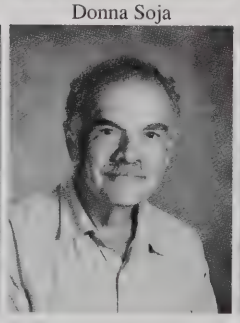
Brandi Stratton

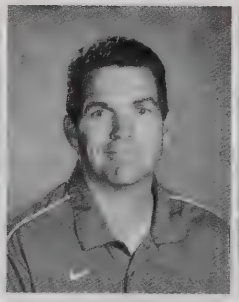
Nancy Swol


Patricia Targonski

Gayle Thomas

Peter Vamosy


John Vdovjak


Brian Walsh

Tesha Ward

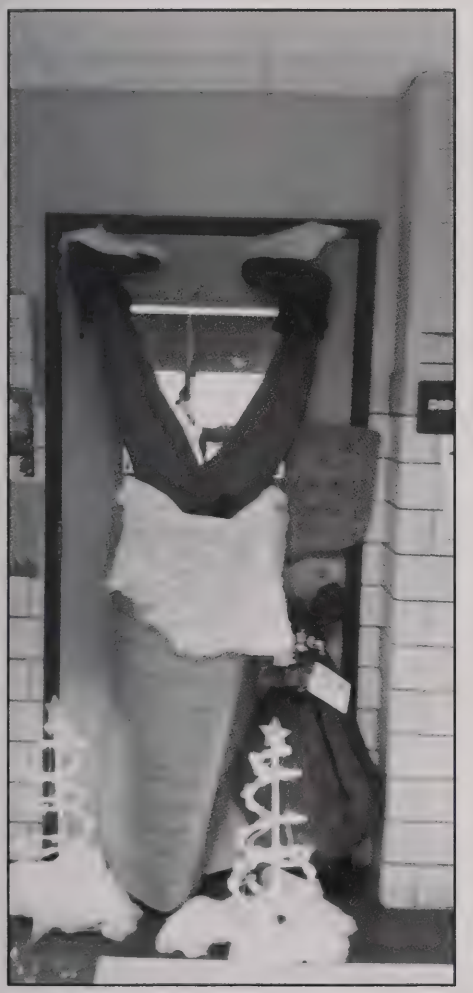
Mary Beth Will

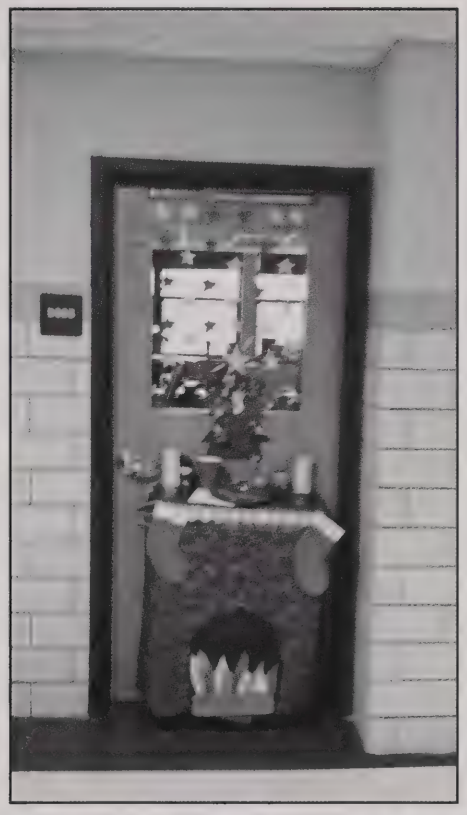
Cynthia Williams

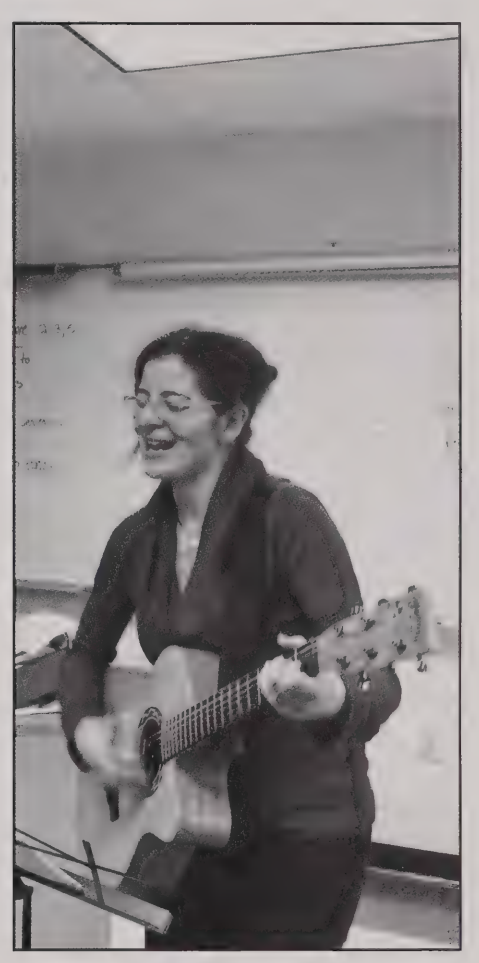
Keith Woodman

Diane Wright

Faculty at work and at play!







Winter Spirit ,Class Spirit!, Ludlow Spirit, Lion's Pride

Deck The Halls 2012-2013

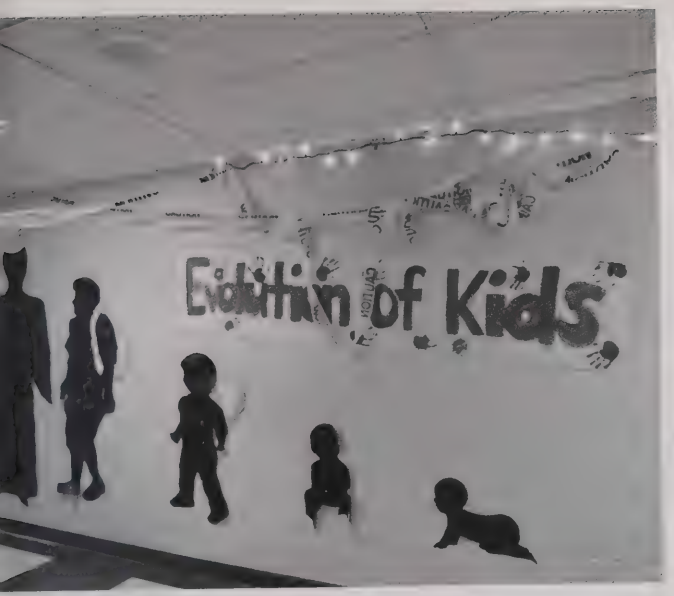
Seniors: Mellow Yellow Memories

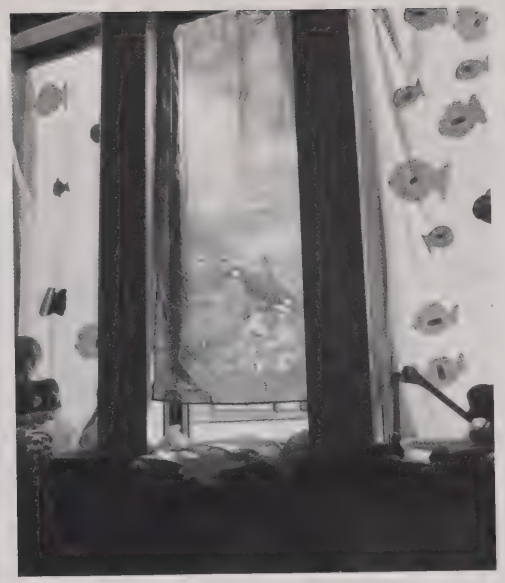
Juniors: Under the Sea

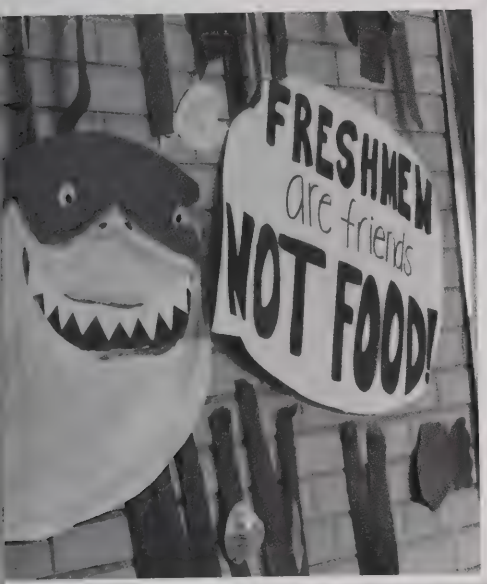
Sophomores: Coca-Cola

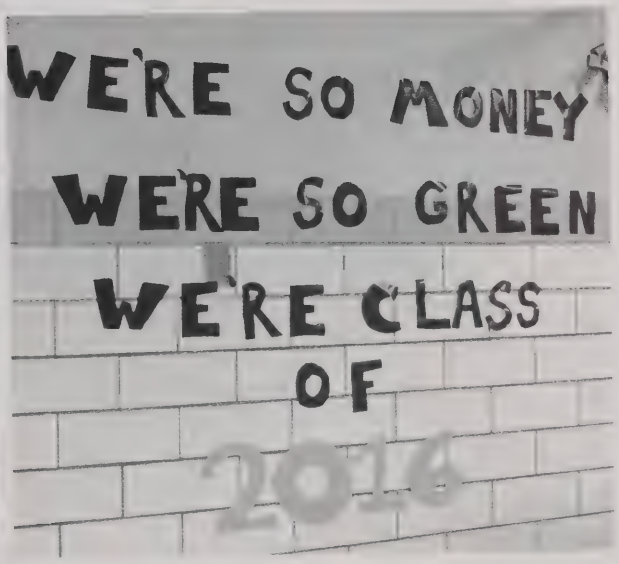
Freshmen: Monolpoly

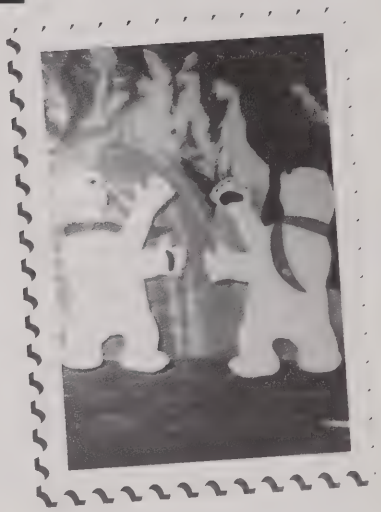
HANDLE WITH CARE

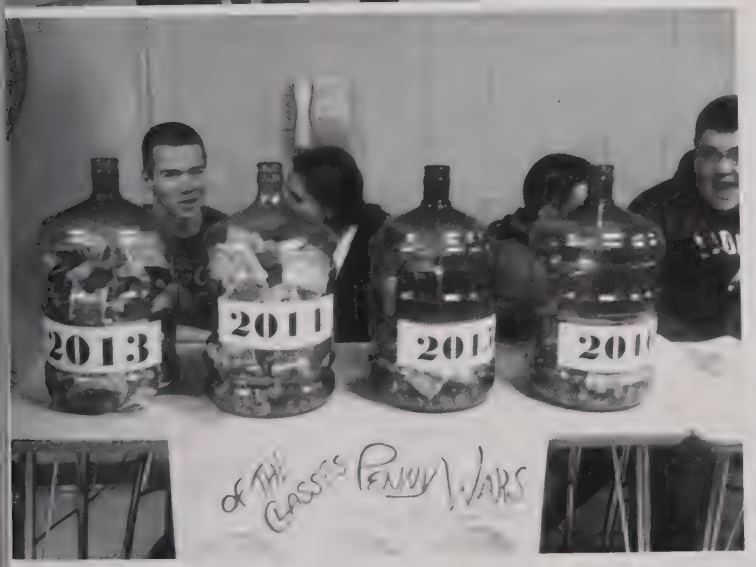

Evolution of Kids




FRESHMEN
are friends
NOT FOOD!


WE'RE SO MONEY
WE'RE SO GREEN
WE'RE CLASS
OF
2016




2013
2011
of the Classes Penny Wars

"What is your personal strength?"

"My personal strength is that I am fast."
- Thomas Gennette

"My strength is that I am good at tackling."
- Josh Negron

(Top Row L-R) Kaelan Quieros, Jeff Grassette, Josh DiSantis, William Thompson, Daniel Rodrigues, Dustin Martin, Nicholas Godbout, Sean Fournier, Alex Hervieux
Second Row L-R) Michael Connors, Anthony Spano, Shane LaPointe, Douglas Webb, Kevin Simonds, Kyle Medeiros, Alphonse Provost, Travis Walbert.
Third Row L-R) Matthew Kurtz, Thomas Gennette, Terrance Beusee, Brandon Watt, Justin Domingos, Keiser Diaz, Brandon Wheeler.
Fourth Row L-R) Michael Marshall, Drake Bal, Jeremy Lamontagne, Brian Saloio, Benjamin Belden, Joshua Negron, and Kyle Dal Molin

(Above L-R) Seniors Drake Bal, Jeremy Lamontagne, Brian Saloio, and Michael Marshall pose together for a group picture.

Lions Football

(Left) The team works on their strategy to win the game.

(Below) A team member hurries down the field to score a touchdown.

The Lions Football team improved drastically this year. The team was lead by captains Jeremy Lamontagne, Drake Bal, Mike Marshall, and Brian Saloio who assisted the team in achieving their most successful season yet. The team's record was 5-6 which was a great improvement from their 3-8 record last year. The highlight for the boys was winning the annual Thanksgiving Day Game. The boys improvement is due to their diligence and dedication. After the seniors have graduated, the team will have to step it up to continue their success next season.

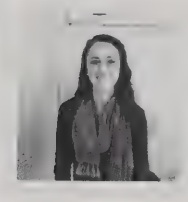
(Left) A member of the football team charges down the field with the ball.

(Above) Senior Michael Marshall looks for an open team mate to pass the ball to.

SCOREBOARD

US		THEM
24	Cathedral	28
34	Ware	36
22	Commerce	30
0	Pathfinder	27
0	South Hadley	49
24	Easthampton	36
34	Dean Tech	0
46	McCann Tech	22
36	Pioneer Valley	12
22	Franklin Tech	0
26	Palmer	6

"What accomplishment are you most proud of?"



"I was very blessed to have broken the school record and finished tenth in Western Mass."
- Deaven Theriault

"I am proud of making varsity time my first year."
- Theresa Marini

Top Row L-R) Kierra McCarthy, Katie Barrett, Madison Foye, Jocelyn Minie, Meghan Pereira, Emily DeWolf, Zoe Bryan-Nelson, Rebecca Costa, Kimberly McCarthy, Jessica Holley, Meagan Dias, Noelle Picard
Second Row L-R Breanna Salvio, Alexis Pereira, and Disha Patel
(Third Row L-R) Alexa Repko, Coach Gomes, Deaven Theriault, Sylwia Lipior, Kayla Egan Theresa Marini, Gina Orlandi, and Belinda Jozefczyk

(Above L-R) Khristine Consuegra, Meagan Dias, Belinda Jozefczyk, and Alondra Moreno pose together for a picture to capture memories of a great season.

Girl's Cross Country

Left) The girl's are ready to dominate in their meet against the opposing team.

Below L-R) Sylwia Lipior and Deaven Theriault motivate each other to do their best.

The Girl's Cross Country team had a great season this year. Senior Deaven Theriault was the team captain who helped lead the team to success. One of the highlights of the season for the girls was getting the opportunity to compete in both the Brown Invitational and the Amherst Invitational. The girls are talented runners, but more importantly they are a family. Between pasta parties before meets, and running together up Skinner Mountain, the girls formed a bond that is unbreakable. The members of the team both motivate and support one another to do their best. The bond that the girls share will carry them into next year.

(Left) Khristine Consuegra is all smiles after completing her race.

(Above) Senior Theresa Marini pushes hard for one of her last races of her Senior year.

(Above) The team huddles together to encourage each other before their meet.

"What was your favorite memory of this season?

"Playing four square out in the parking lot."
- Colin Giebner

"My favorite memory has got to be getting lost with Jose."
- Sean Pearce

First Row L-R) Alex Kalesnik, Shawn Urban, Jon Royce, Sean Pearce, Patrick Klosek, Peter Skaza, Connor Frigon, Nick Mullins, Brian Cormier, Kane Kwatowski, Kevin DaSilva, Nico Gallo, Jake Zina, Zecarlos Roxo, Nick Dunn, Alex Lafayette, Nick Chisholm
Second Row L-R) Zack Warner and Scott Urban
Third Row L-R) Drew Manuel, Jake LaPierre, Tyler Bastos, John Ferrera, Tim Gavrilov, Corey Costa, and Sean Egan

(Above L-R) Sean Egan, Peter Skaza, Connor Frigon, Brian Crowley, Drew Manuel, Patrick Klosek, and Jake Zina bond together during their free time between races.

Boy's Cross Country

The Boy's Cross Country team had a great season this year. The team was lead by captain Brian Crowley. The boys worked hard to perform their best at all their meets and they always made sure to give it their all. Everyday before practice the team played four square in the back parking lot. This helped bring them closer together. This year they also raced in the Brown Invitational which was the highlight of their season. When they completed their races they went out for a team dinner at Fire and Ice Restaurant in Providence and went shopping. When the boys are together they are like one big family. During practices and meets they cheer each other on and they help one another to improve. Overall, they had a good season, and the team looks forward to continuing their journey next year.

(Left) Senior Brian Crowley leads the race against the opposing team.

(Below) Zecarlos Roxo, Kevin DaSilva, Coach Gauvin, and Jake Zina are all smiles on the day of their meet.

(Left) Senior Jake Zina cools down after completing his race.

(Above) Senior Jake LaPierre strikes a pose for the camera.

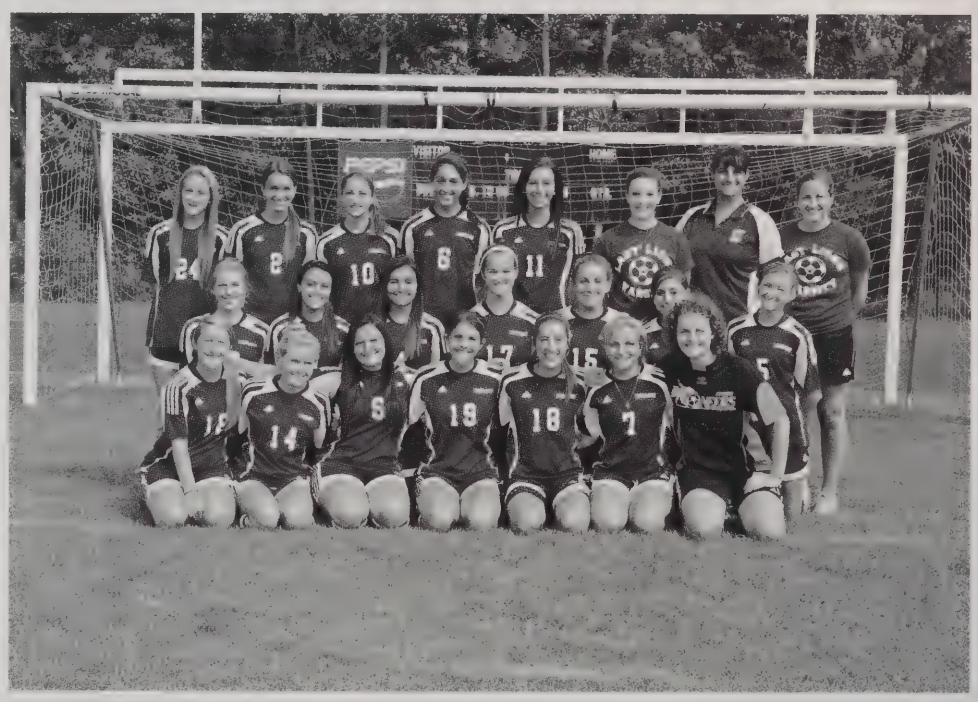
(Above) Seniors Drew Manuel and Sean Egan pick up the pace with a runner from Mohawk on their tail.

"What is your favorite high school soccer experience?"

"My favorite soccer memory was definitely a tie between ordering pizza to our practice and playing thumper."
- Ashley Ameral

"When we threw Ashely in a trash can freshman year, and ran away and hid from her throughout the school."
- Jessica Pashko

"Getting to know people that you normally wouldn't talk to in school."
- Jocelyn Forcier



(Top L-R) Kaeli Serafino, Olivia Santos, Meagan McCarthy, Giavanna Colaccino, Kayla Papuga, Amanda Matias, Coach Marino, Coach Gebo
(Middle L-R) Kelsey Jordan, Mary Silva, Cayla Mole, Paula Yelinek, Alyssa Martins, Sarah Hacket, Molly Palatino
(Bottom L-R) Alyssa Scymczyk, Carly Masse, Ashley Ameral, Jessica Pashko, Jocelyn Forcier, Elise Roberts, Meghan LaPointe

(Above) Jocelyn Forcier takes the tackle like a champ.

(Above) The team huddles together during half time to get pumped for the rest of their game.

Lady Lions Soccer

This year the Ludlow Lady Lions had a great season as they finished with a 10-9 record. Their lead scorer was Mary Silva with 10 goals and in second Alyssa Scymczyk with a total of 6 goals. Unfortunately the team faced the obstacle of losing three of their players to injuries; Jess Pashko with a hip injury, Justine Trowbridge with a torn ACL, and lastly Kayla Papuga with an ankle injury. Despite their losses the team had a great season, defeating their rivals Minnechaug twice and putting up a great fight against the East Longmeadow Spartans. It was the last year for seniors Elise Roberts (captain), Ashley Ameral (captain), Meghan LaPointe, Carly Masse, Jocelyn Forcier (captain), and Jessica Pashko (captain). The team made it all the way to the Western Mass Quarter Finals but in the end the odds were against them and unfortunately their season ended.

(Right) Ashley Ameral chases down the ball before her opponent reaches her.

(Below) No one can catch Elise Roberts as she dribbles up the sideline.

(Left) Jessica Pashko passes the ball to her teammate for the game winning goal.

(Above) Carly Masse is in deep thought during half time, thinking about what she needs to do in the next half.

SCOREBOARD

US		THEM
2	Minnechaug	1
0	East Longmeadow	1
1	Cathedral	0
0	West Springfield	1
4	Taconic	0
0	Belchertown	6
1	Chicopee Comp	3
1	Amherst	0
4	Agawam	3
3	Longmeadow	1
1	Westfield	3
1	West Springfield	0
5	Holyoke	1
0	Westborough	5

"What was the highlight of the season?"

"It was when we reached the Western Mass final, we did everything we needed to reach it, in the end we lost, but it was a well played season and we can't hang our heads over that. Penalty kicks are a matter of luck, so we shouldn't be too down about that."
- Curtis Pereira

"I'd say that our Western Mass semi-final game against Chicopee was the highlight of our season. It was a game that showed what Ludlow soccer was about."
- Ben Milos

(Top L-R) Xavier Pereira, Kieffer Orszulak, Ryan Soares, Guilherme Costa, Matthew Thompson, Curtis Pereira, Nelson Rodrigues, Luis Quiterio, Cody Dias, Jahbari Robinson, Ben Milos, Fabio Tavares
(Bottom L-R) James Esteves, Luke Woishnis, Gabriel Ramos, Dylan Pereira, Chris Ganhao, Tyler Quiterio, Sukru Yildirim, Tyler Martins, Adam Goncalves

(Above) The team comes together to make a strategy against the opposing team during a game.

(Above) Junior Jeff Danek dribbles the ball down the field towards the goal.

Boy's Soccer

(Above) Senior captains Curtis Pereira and Tyler Quiterio pose with the ball.

The Ludlow Boy's Soccer team had another successful season, showing their devotion and drive. Led by senior captains Tyler Quiterio, Curtis Pereira, and Sukru Yildirim, they never gave up or backed down in the face of challenges. The boys won 14 games out of 21, being tied twice.

(Right) Senior goalie Chris Ganhao dives to save the ball from getting into the goal net.

An example of the team's extraordinary cooperation and teamwork was when they won the Western Mass semi-finals. They were behind in the game, but managed to turn it around by getting a late equalizer towards the end on a header by senior Curtis Pereira. The team pulled it together under the pressure and senior Kieffer Orszulak was able to shoot the winning goal, defeating Chicopee. The boys were persistent and unwavering in their commitment to the team, which paid off this season as it has in the past. The boy's soccer team is highly driven, but also knows a lot about sportsmanship. They were able to make it to Western Mass finals, and were very composed and respectful throughout. The seniors of this year's soccer team were enthusiastic and skilled, and will be greatly missed. The underclassmen will have to step up to the plate next year to continue the Ludlow soccer legend.

(Above) Senior Dylan Pereira jumps up to grab the ball away from a member of the Minnechaug team.

SCOREBOARD

US		THEM
4	East Longmeadow	0
3	Minnechaug	0
3	Wahconah	0
5	Taconic	0
4	Northampton	0
1	Agawam	0
2	Amherst	1
2	Westfield	0
2	Chicopee	1
2	Westborough	0
1	Chicopee	2

"What were you most proud of this season?"

"Being captain with Ava, I was really proud of that!"
- Makayla Reynolds

"We had a great season and worked hard all season long!"
- Ava Adamopoulos

(L-R) Coach Annecchairico, Hayley Johnson, Courtney LeDuc, Samantha Chmiel, Makayla Reynolds, Breauna Allore, Meghan Martowski, Alyssa Guyon, Ava Adamopoulos, Lauren Hodovanec, Alyson Bruneault, Colleen Dusel, Makenzie Reynolds, Taylor Graffum, Abby Kinsey, Lindsey Gauthier

(Above L=R) Seniors Makayla Reynolds, Lauren Hodovanec, Ava Adamopoulos, Colleen Dusel, and Taylor Graffum come together and pose for a friendly photo.

(Above) Senior Lauren Hodovanec and Courtney LeDuc brace themselves as they wait to bump the volleyball across the court.

Girl's Volleyball

(Right) The girls scatter as a strategy to win the game.

(Below) Samantha Chmiel gets ready to set the volleyball to another teammate.

The successful season for Girl's Volleyball was wrapped up with a total of 17 wins out of 19. Team captains Makayla Reynolds and Ava Adamopoulos strongly motivated all the team members to achieve success. Without a doubt, the girls worked hard brainstorming strategies and cooperating to reach this point. The team is recognized for their impressive winning streak and efforts. The seniors leaving the team and moving on to another chapter in their lives will be greatly missed. Upcoming members will need to step up to the plate to maintain their reputation.

(Left) The members gather around to listen to encouraging words from Coach Annecchairico.

(Above) Senior Colleen Dusel eagerly awaits to bump the ball.

SCOREBOARD

US		THEM
3	Mohawk	0
3	Franklin Tech	0
3	Easthampton	2
3	Pioneer Valley Christian	0
3	Southwick	0
3	Sci-Tech	0
3	Commerce	0
3	Central	1
3	Dean Tech	0
3	Renaissance School	0
3	Sabis	2
3	Putnam	1

"How did the team bond this season?"

"We bonded through work outs, practices, and Yogurt City' trips."
- Shauna Santos-Dempsey

"We bonded during team bonding nights and our 'Secret Santa' Christmas party."
- Caitlin Bernier

(Above) The cheerleaders show the LHS football team their support during a game.

(Top L-R) Jennifer Fish, Lanna Coviello, Jillian Coelho, Katelyn Sweetman Nadia Alves, Samantha Van Wart
(Middle L-R) Larissa Diaz, Mia Ferrera, Matelyn Douglas, Samantha Rodrigues Amanda Banks, Alyssa Coelho, Emelie Kalesnik
(Bottom L-R) Breana Vivier, Alexis Holdsworth, Michelle Almeida, Alison Leecock Caitlin Bernier, Shauna Santos-Dempsey

Cheerleading

Left) The Cheerleading team hows their school spirit and gets he crowd energized during the ame.

Below) Senior Matelyn Douglas atches the football game with er teammates.

This year the LHS Cheerleading team saw plenty of new faces from all grade levels. This meant the team had to work hard to come together and create their own family. The cheerleaders were an energetic presence at the Lions' football games and kept the crowd cheering. The ladies demonstrated true school spirit during their season and should be proud of their accomplishments. The seniors on the team will be missed by both their teammates and the football team. GO LIONS!

(Top Left) A member of the team gets ready to cheer during a game.

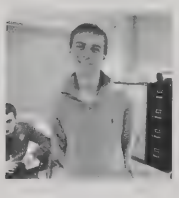
(Left) Seniors Caitlin Bernier, Breana Vivier, and Michelle Almeida show the fans Lion's Pride with the help of their team.

(Above) Senior Alexis Holdsworth pumps up the crowd at a Lions Football game.

(Above) Senior Breana Vivier poses after completing the team's stunt.

(Above) Freshman Larissa Diaz preforms for the crowd at a Ludlow football game.

"How did the team prepare for the season?"



"The team had captin's practices and played in tournaments at the Ludlow Country Club."
- Nicholas Bellucci

"Most of the boys are members of the Ludlow Country Club, so they practiced all summer."
- Mr. Anderson

(Above) The team watches as one of their member drives the ball down the fairway.

(Above) Junior Nicholas Antos walks to the green to start the match.

Lions Golf

(Left Top L-R) Ethan Wheeler, Robert Libiszewski, Nicholas Forzano, David Annecchiarico Nicholas Antos, Coach Anderson (Bottom L-R) Connor Harrington, Chad Martowski, Aaron MaNamara Nicholas Bellucci, Adam Douville

(Below) Senior Nicholas Forzano putts the ball towards the hole.

The golf team had a fantastic season this year. All the boys' hard work and dedication shined through during the season. The team ended the year with a record of 15-2-0, and a trip to the Western Mass Division I Golf Championship. The team's success this year is not only due to its talented players, but to the member's constant summer practicing as well. This team saw a great 2012 season and they are hoping to do the same next year. With the seniors gone next year, it will be up to those who remain to help their new teammates and carry on the Lions Golf legacy.

(Left) Two members of the team head to the next green during a match.

Senior Adam Douville looks at the lay of the green.

SCOREBOARD

US	THEM	
246	CHICOPEE	281
246	WESTFIELD	262
252	NORTHHAMPTON	325
264	EAST LONGMEADOW	241
264	CHICOPEE COMP	296
248	CATHEDRAL	267
249	LONGMEADOW	254
267	SOUTH HADLEY	273
249	CHICOPEE	259
244	BELCHERTOWN	293
260	WESTFIELD	261

"What was the most memorable moment for you this season?"

"Beating my best time by four seconds at one of my last races was the most memorable moment for me."
- Joe Ziemba

"My best memory of this ski season was bonding with my teammates while watching gates at our races."
- Hannah Eberli

(Above L-R) Patrick Kelliher, David Annecchairico, Kyle Puzzo, Stefan Erikson, Joseph Ziemba, Emilia McDaneld, Coach Dave Puzzo

(Above) Senior Joesph Ziemba skis down the slope towards the finish line.

(Above) Senior Hannah Eberli pushes through to win the race.

Skiing

(Right) David Annecchairico effortlessly glides down the slope.

(Below) Emilia McDaneld and Hannah Eberli relax after a race and take a photo together.

The Ludlow High School ski team exhibited great success this season. Coach Dave Puzzo offered them tips and advice on how to improve their skills and win their races. The members gradually beat their times as they skied towards the finish line at each race. Although small, the team came together as a supportive family and cheered each other on. They should be applauded for their dedication and diligence. As the seniors leave LHS, the ski team will continue to expand and remain strong. Ludlow will never lose its respect and pride for the LHS ski team.

(Left) Kyle Puzzo carves down the mountain to the finish line.

(Above) Seniors Stefan Eriksen and Joseph Ziemba pose in their ski gear for the camera.

(Above) Patrick Kelliher, Kyle Puzzo, David Annecchairico, and Joseph Ziemba show off their Ludlow pride as they come together for a photo.

"What will you miss the most about being on the swim team?"

"I'll miss the family feeling that LHS swim has. We are all so close. I have made the best relationships from swimming. It has been the most rewarding experience of my high school career."
- Hannah Martin

"I will miss the meets, and the seniors leaving this year."
- Timofey Gavrilov

"I'll miss my teammates the most. We're like a big family, we share so much together. It will be hard to say goodbye to all of them."
- Kara Baillargeon

(Above L-R Front Row) Samantha Belanger, Hannah Martin, Nicholas Houle, Stephanie McVeigh, Kara Baillargeon, Brian Chipman, Catherine Fradette
(Second Row) Nathan Turgeon,Thomas Mullaney, Nicholas Potorski, Sean Fournier, Timofey Gavrilov
(Third Row) Alexis Pereira, Kelsey Jordan, Victoria Freniere, Brittany Dias, Emily Aniceto, Paige Toniatti
(Fourth Row) Assistant Coach Brianna Harris, Annette Robak, Noelle Picard, Andrea Taylor, Jocelynn Aguilar, Kaitlin Jordan, Head Coach Kerin Doyle

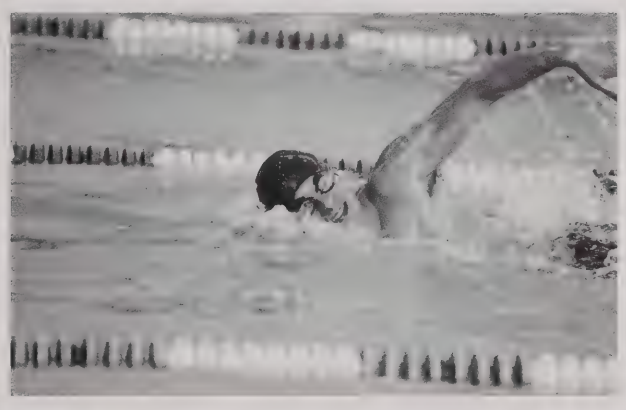
(Above) Nick Portorski gives a thumbs up for a job well done.

(Above) Senior Hannah Martin confidently does the butterfly stroke to beat her opponents.

Swimming

(Right) The members cheer on their teammates as they compete.

(Below) Senior Samantha Belanger smiles for the camera.



The LHS swim team gained great success by defeating the majority of their opponents. The girl's team won 8 out of their 10 meets, and the boy's team topped opposing teams in 6 out of 10 meets. To achieve such success, the co-ed team formed unbreakable relationships that assisted them in coming together to win. These bonds helped them grow as a team and to make this season as memorable as possible. The members' commitment to their practices, meets, and overall sport will forever be commendable. Even though the seniors will be greatly missed, the LHS swim team will always remain a family.

(Left) Junior Sean Fournier glides through the water, demonstrating his motivation and perseverance.

(Above) Senior Catherine Fradette takes the time to prepare herself before her upcoming race.

(Above) Seniors Kara Baillargeon, Stephanie McVeigh, Hannah Martin, and Nicholas Houle pose for a friendly photo in the pool.

"What are you most proud of this season?"

"I was most proud of the team this season when we played Westfield at their home rink. We lost 3-2 but they are the best team in our division for the whole state."
- Nicholas Forzano

"Winning our game against Longmeadow. It was a good way to start the season."
- David Modzelewski

(Above Top L-R) Sean Egan, Alex Fontaine, Mark Miller, David Modzelewski, Mike Modzelewski, Tyler Diotalevi, Chad King, Brad Garete, Nicklaus Chisholm, Jason Wegiel, Hunter Schinabeck
(Middle L-R) Garrett Montagna, Zack Warner, Matt Corbin, Nicholas Forzano, Aaron McNamara, Jake Murphy
(Bottom) Nicholas Dunn

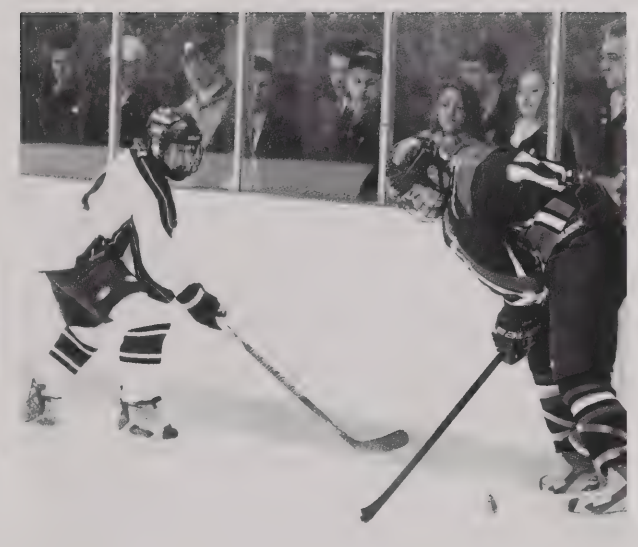
(Above) A member of the team gives his all to win the game.

LHS Hockey

The LHS hockey team had a great season ending with a record of 8-7-1. The team this year saw its share of new faces, which were welcomed and soon became part of the hockey family. The team worked hard before and during the season to get where they did, by going to captains' practices and giving it their all on the ice. Next year the team hopes to do even better and is determined to show everyone what a true Lion is. The team will miss their senior teammates greatly, but wishes them the best of luck on their future endeavors as they began to find their place in the world.

(Left) The team tries to prevent Westfield from scoring a goal.

(Below) A player waits for the puck to be passed.



(Left) A LHS Lion tries to keep the puck away from his opponent.

(Above) A member of the team covers his opponent during the game.

(Above) Ludlow tries to steal the puck from Westfield during a game.

"What is your best memory from the season?

"My best memory is the pitch perfect quotes and shoving people in the boy's locker rooms/trash barrels."
- Meghan LaPointe

"My best memory is when we played at Quabbin. Not only did we play well but had a lot of fun."
- Aly Bruneault

"It being my senior year, I am most proud of being a leader on the team."
- Jocelyn Forcier

(First Row L-R) Cayla Mole, Emily McGourty, Alyson Bruneault, Alyssa Guyon, Stephanie Guillen, (Managers) Shannon Callahan and Ashley Benoit (Second Row L-R) Jocelyn Forcier, Ava Adamopoulos, Meghan LaPointe

(Above) Coach Brillo talks with the team during a time out about the best strategy for winning the game.

Girl's Basketball

(Left) Senior Meghan LaPointe goes to steal the ball.

(Below) Junior Aly Bruneault boxes out the opposing team and gets ready for the rebound.

The girl's Basketball team had a great season. The team was lead by seniors Meghan LaPointe, Ava Adamopoulos, and Jocelyn Forcier. The girls had a rough start in the beginning, but by the middle of the season, the girls got their stride. The team worked hard and learned how to finish out their games stronger than they had before. The team grew close during the season bonding over sleepovers and team dinners. One of the most important lessons the girls learned was the importance of playing consistent. In the end, it was the best season yet, and the girls are eager to play next year.

(Left) Senior Ava Adamopoulos looks for a team mate to pass the ball to.

(Above) Senior Jocelyn Forcier goes for the three point shot.

SCOREBOARD

US		THEM
44	Chicopee Comp	47
48	Central	55
53	Chicopee	55
51	Taconic	28
41	Longmeadow	44
47	West Springfield	55
34	Holyoke	55
31	Westfield	26
47	Agawam	26
37	Minnechaug	30
54	Quabbin	32
	East Longmeadow	

"If you were to give advice to upcoming basketball players, what would it be?"

"Life is what you make it! Hard work is a great component of what makes a human superior. Work hard and not only will you find success in sports, but you will find even more success in life. Good luck and enjoy!"
- Jeremy Lamontagne

(Above L-R Front Row) Michael Connors, Michael Lavell, Jordan Smith, Jeremey Lamontagne, Tyler Quiterio
(Back Row) James Patterson, Brandon Watt, Kevin Simonds, Matthew Dent, Dimitri Bryant, Kevin Boroweic, Alex Lafayette

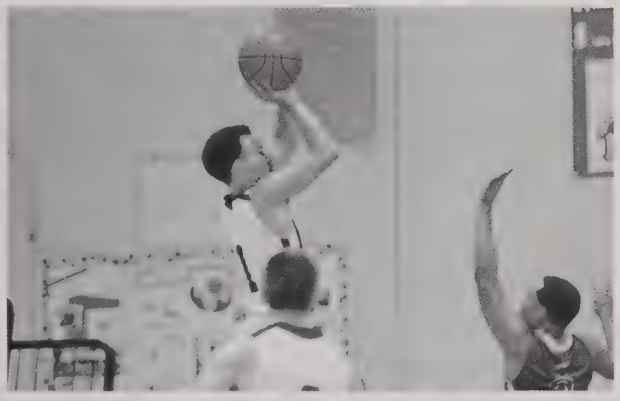
(Above) Seniors Jordan Smith and Jeremy Lamontagne pose together for the camera with big smiles.

(Above) Senior Jordan Smith intensely dribbles the ball around his opponent.

Boy's Basketball

(Right) The team lines up as the crowd shows their support.

(Below) Kevin Simonds prepares to pass the basketball to a teammate.



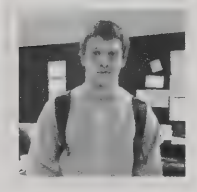
The Boy's Basketball players showed their ambition through constant hard work and practice this season. They grew and improved as a team, strengthening their skills over the seasons. Although the team did not win all the games, they showed great sportsmanship and devotion to the sport. Whenever faced with challenges, the members supported one another and exhibited conduct that LHS should be proud of. The team will continue to achieve greater success over the years and will maintain the LHS legacy. The team should be proud of what they've already accomplished.

(Left) Senior Michael Connors jumps into the air to take a shot.

(Above) Senior Jeremy Lamontange shows off his skills as he gets ready to dunk the ball.

(Above) The senior players come together and pose for a silly, yet memorable photo.

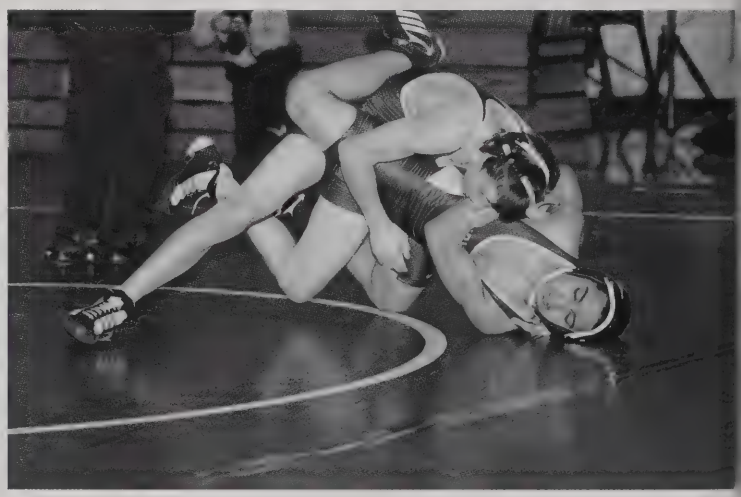
"What was your favorite moment of the season?"



"My favorite moment of the season was hanging out with my team."
- Ryan Wytas

"My favorite moment was getting jabbed in the face. It made me angry."
- Brian Saloio

(Above) Junior Brian Cormier is declared the winner of his match.



(Above) A member of the LHS wrestling team puts up a good fight against a member of the opposing team.

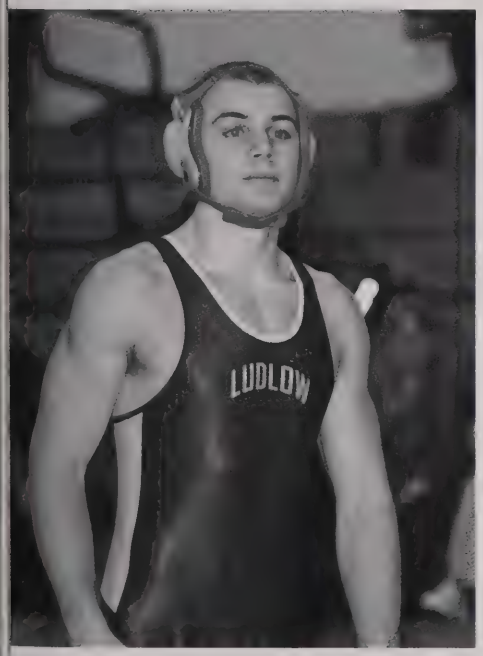
LHS Wrestling

Left) The Ludlow Lions wrestling eam gets together for a pep talk efore their event.

Below) Junior Luis Martinez repares for his match.

The LHS wrestling team had a good season this year and was lead by Team Captains, Brian Saloio and Brian Cormier. The size of the team grew this year with many new members, most of which were underclassmen. With the increasing number of teammates the boys had to come together and bond. This bond was achieved with a trip to subway after each match. While this year's seniors will be missed the team cannot wait for next season to come around so they can once again prove themselves.

(Left)Senior Brain Saloio and his opponent meet on the mat before their match.



bove) Senior Derek Hoeckh seizes up his ompetition at a LHS wrestling match.

(Above) As one of their members competes in a match, the Lions cheer them on and show their support.

"I am a marine."

"The Marine Corps core values are Honor, Courage, and Commitment. Those words are etched in the granite pillars behind our school. Marines take care of Marines and their families. When we lost my brother Marine Sgt. Desforges in 2003, I made a commitment to the Desforges family that Joshua would always be remembered. I am committed to working towards achieving that end."

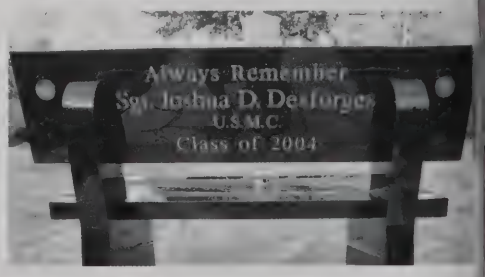
Mr. Cane

Sgt. Joshua Desforges

3rd Annual Fitness Challenge

The over all winners of the 2013 Challenge were English Teacher Charlie Cangemi and PE CIL Rebecca Gauvin! Here they are with the Desforges family!

Are you a LION? Over 65 students and staff showed their determination and physical prowess on Thursday March 14th, 2013. The annual fitness challenge goes to fund scholarships in Sgt. Joshua Desforges's honor. The scholarships go to any LHS graduate who shows "passion for what they believe in and a desire to pursue their dreams." Those that participated were faced with unbelievable physical odds as they competed in a Marine style hour long challenge. Former and current US Marines were there to encourage them to be their all! Although there were two winners, everyone who participates, donates and/or supports contributes to the worthiest of causes!



WRESTLING
CHAMPIONS

WE WILL ALWAYS REMEMBER
SGT
JOSHUA
DESFORGES
USMC
HONOR · COURAGE

Volleyball Marathon!!!!

2012-2013

The Volleyball Marathon this year featured many changes. Unlike years past when students would wait hours in line to get a coveted team spot The Yearbook and Band decided to hold a lottery. They hoped that this would make it fair for all students to get a spot. This change had some supporters and some students who were less than enthusiastic about it.

Either way, 36 teams were chosen and had to, for the first time, leave off nicknames from the backs of the jerseys. Administration wanted only last names and numbers 1-10. No worries though, students were still able to design their own shirts and come up with their own team names.

The night of Volleyball Marathon featured the 2nd annual pizza contest as well as all night volleyball excitement. One of the highlights of this year's marathon had to be the 1AM Harlem Shake! Thank goodness we got that on video!

Congratulations to the overall winners
Vicious & Delicious!

Court B winners
Blockout

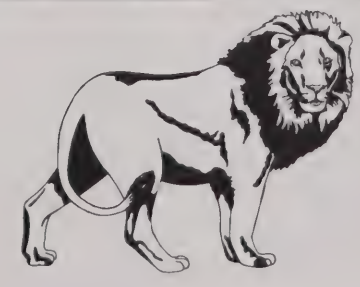
Court C winners
Boss Bash

(Left) Senior Cody Dias of the Volleyball Marathon Team Champions Vicious & Delicious shows why their team took the top spot.

(Below) Senior Fabio Tavares comforts a Jahbari Robinson after a not so good play. Sportsmanship like this is always great to see!

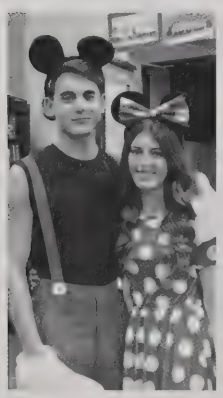
(Above) Here come the Men in Black! If there was an award for most stylishly dressed we all know it would have gone to these gentlemen!

(Above) Teamwork is what it is all about!



Band

(Front Row L-R) Amy Quenneville, Liz Skaza, Sylvia Mitus, Patrick Kelleher, Olivia Nogueira, Audra Smith, Becky Costa, Alondra Moreno, Joanna Skora, Marissa Ribeiro, Kim Babiec
(Second Row) Max Cassagranda, Kyle Grondalski, Elizabeth Kania, James Constantino, Brandon Nowakowski, Kayle Egan, Hannah Goncalves, Leah Kareta, Andréa Haluch, Christina Charpentier, Maggie Lau
(Third Row) Mike Eskett, Toriann Portier, Jeffrey Babiec, David Annecchiarico, Jon DeJesus, Billy Eagen, Nathan Turgeon, André Ferreira, Tom Yagmin, Faith Bolieau, Jennifer Saloio, Danielle Quenneville
(Fourth Row) Peter Skaza, Brian Saloio, Anthony Trigilio, Dan Jalowski, Emily Tarullo, Sean Egan, Anna Mowry, Billy Thompson, Hayden Adams, Xavier Pereira, Alyssa Costa, Emilia McDaneld, Angela Ruby, Taryn White
(Top Row) Dylan Eagen, Jonathon Royce, Ian Rouillard, Wesley Welch, Shelby Heath, Brandon Heath, Kyle Cote, Mile Iwasinski, Justin Domingos, Peter Dzierwinski



(Bottom Row L-R) Alexis Nunes, Emma Garcia, Amber Chisolm, Christian Albano, Alexis Melling, Stephanie Norris, Stephanie McVeigh, Anthony Rodrigues, Emily McGourty
(Top Row) Alcie Rodriguez, Steven Leandres, Meghan Goggins, Chris Barbeau, Mr. Henry, Tomas Fialho, Robert Lizak, Monica Lind

(Bottom Row L-R) Amanda Sicard, Alyssa Bauch, Meghan Flowers, Alycia Eugenio, Caitlyn Fratini, Jennie Cadieux, Athena Eugenio
(Top Row) Trinity Baker, Meredith Sullivan, Ashley Hibbard, Nadia Alves, Emily Alves

(First Row L-R) Ms. Brehaut, Patrick Klosek, Kara Baillargeon, Taylor Graffum, Lindsey Paradis, Jess Pashko, Mrs. Poteat
(Second Row L-R) Beraa Ibas, Brian Cormier, Brandon Watt, Nick Antos, Cam Labelle, Shauna Santos-Dempsey, Karina Silva, Shannon Crowe, Marissa Ribeiro, Katherine Afonso
(Third Row L-R) Jon Royce, James Garrett, Jake Zina, Matt Thompson, Carly Masse, Morgan Doherty, Sukru Yildirim, Aryelle Teixeira, Rebecca Costa
(Fourth Row L-R) Tim Gavrilov, Kyle Kozaczka, Tessa Grassette, Steph McVeigh, Meghan LaPointe, Melissa Wojcicki, Hannah Eberli, Chris Barbeau, Drew Manuel, Jake LaPierre
(Fifth Row L-R) Paula Yelinek, Aly Bruneault, Robin Decoteau, Elizabeth Kania, Sophia Fernandes, Victoria Morris, Kim Babiec, Katrina Kobus, Abby Walczak, Katrina DiGloria, Xavier Pereira
(Sixth Row L-R) Ciara McCready, Katie Jordan, Mandi Dorval, Mika Matias, Colleen Dusel, Abby Kinsey, Lauren Papianou, Chelsea Johnson, Disha Patel, Brian Crowley
(Seventh Row L-R) Ali Leecock, Allie Goncalves, Caitlin Bernier, Alyssa Fialho, Maggie Lau, Sylwia Lipior, Deaven Theriault, Gina Orlandi, Peter Skaza, Jon Young, Cody Dias

Why do you think it is important to be a member of NHS?

"I think it's important because it gives us the initiative to work hard. As a group, we work together to make the school and community a better place."

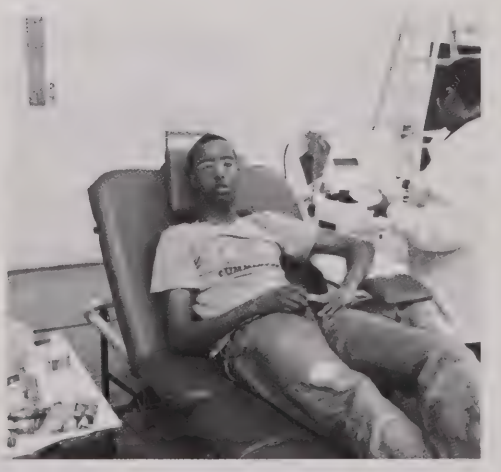
-Maggie Lau

"It's a great honor. It is all about finding yourself and a way to grow and help your community and to help them grow."

-Victoria Morris

Student Council

First Row L-R) Kara Baillargeon, Disha Patel, Alyssa Fialho, Lindsey Paradis, Jake LaPierre
Second Row L-R) Aryelle Teixeira, Stephanie McVeigh, Meghan LaPointe, Taylor Graffum, Colleen Dusel, Deaven Theriault, Brian Crowley
Third Row L-R) Khristine Consuegra, Aly Bruneault, Paula Yelinek, Breanna Saloio, Brandon Watt, Beraa Ibas
Fourth Row L-R) Joe Peluso, Cheyenne Patrie, Emily Sevigne, Marie Meak, Jake Francisco, Amy Martin, Noelle Picard
Fifth Row L-R) Luis Fialho, Lia Fialho



Leading Lions

(First Row L-R) Jake LaPierre, Kim Babiec, Kara Baillargeon, Meghan LaPointe, Taylor Graffum, Colleen Dusel, Disha Patel, Alyssa Fialho, Maggie Lau, Jess Pashko
(Second Row L-R) Elizabeth Kania, Anna Mowry, Robin Decoteau, Sophia Fernandes, Melissa Wojcicki, Tessa Grassette, Kyle Kozaczka, Katrina Kobus, Abby Walczack, Katrina DiGloria
(Third Row L-R) Stefania Mahar, Marissa Ribiero, Shannon Crowe, Karina Silva, Katherine Afonso, Mika Matias, Sylwia Lipior, Alyssa Russo, Cheyenne Ryczek, Chris Barbeau, Shauna Santos-Dempsey
(Fourth Row L-R) Jon Young, Beraa Ibas, Brandon Watt, Abby Kinsey, Paula Yelinek, Aly Bruneault, Ciara McCready, Madison Foye, Katie Jordan, Mandi Dorval, Jacqueline Benoit

1. Freshman Orientation
2. NEASC
3. Field Days

Top Three

"The Leading Lions, headed by Mr. Halpin have participated in a bullying workshop, helped with NEASC preparation, and have volunteered at all the field days. It's a big group of kids that try and take every opportunity given to perform school and community wide service."

-Disha Patel

(L-R) Katherine Afonso, Abby Kinsey, Taylor Graffum, Colleen Dusel, Lindsey Paradis

All Photos are of Lion's Pride Events!

Interact Club

(Bottom Row L-R) Alexa Repko, Jessica Pashko, Alexandra Francisco
(Second Row) James Garrett, Marissa Ribeiro, Karina Silva, Melissa Wojcicki, Tessa Grassette, Katrina Kobus, Abigail Walczak, Katrina DiGloria, Michelle Pires, Shannon Aleixo
(Third Row) Jake Zina, Kimberly Babiec, Katherine Afonso, Heather Touchette, Lindsey Paradis, Meghan LaPointe, Nichole Martins, Victoria Morris
(Fourth Row) Jacqueline Benoit, Ciara McCready, Madison Foye, Katie Jordan, Mandi Dorval, Cheyenne Ryczek, Cheyenne Patrie, Michael Lavell
(Fifth Row) Allisen Goncalves, Alison Leecock, Emily Sevigne, Noelle Picard, Meagan Dias, Jordan Murray, Alyshia Valintine, Annette Robak, Brianna Valintine

Top Three Projects

1. Hoodies for the Homeless
2. Dollars for Disaster Relief
3. Supper with Santa

What does the Interact Club mean to you?

"It's a great opportunity to get involved with the community and to get students more involved and hopefully make it a habit for them to volunteer for the rest of their lives."
- Jessica Pashko

French Club

(Bottom Row L-R) Robin Decoteau, Johnathon Royce, Madame Cook, Shauna Santos-Dempsey, Katrina Kobus, Abigail Walczak, Michelle Pires, Victoria Morris
(Second Row) Sophia Fernandes, Melissa Wojcicki, Katrina DiGloria, Jacob Francisco, Sylvia Mitus, Alison Pariseau, Annette Robak
(Top Row) Nichole Martins, Allisen Goncalves, Alison Leecock, Jacqueline Benoit, Alyshia Valintine, Christina Charpentier, Brianna Valintine

Spanish Club

(Bottom Row L-R) Karina Silva, Shannon Crowe, Marissa Ribeiro, Khristine Consuegra, Mika Matias, Alyson Bruneault, Cassandra Ricardi
(Top Row) Jon Young, Amanda Banks, Shannon Hastings, Danielle Gotta, Jesnia Colon, Mrs. Chacon, Senor Gamble

Why did you join the Spanish Club?

(L-R) Karina Silva and Danielle Gotta

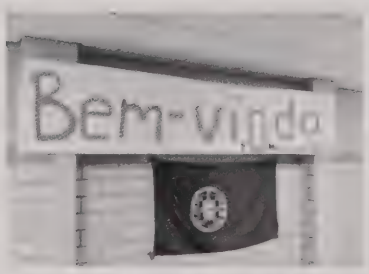
"I just like Spanish and have been taking it since 8th grade. I enjoy fundraising."
-Karina Silva
"I heard we were going to sing to preschool kids in Spanish."
- Danielle Gotta

"I traveled to Spain a couple years ago, and I was really interested in the Spanish culture."
- Shannon Crowe

"I'm interested in the Spanish culture, and I like their food."
- Jon Young

Portuguese Club

(Bottom Row L-R) Sophia Fernandes, Jillian Batista, Chris Ganhao, Nelson Rodrigues
(Second Row) Fabio Tavares, Olivia Nogueira, Adam Goncalves, Nichole Martins, Curtis Pereira, Dylan Pereira, Tyler Martins
(Third Row) Zachary Silva, Katherine Afonso, Liliana Rodrigues, Kayla Ovelheiro, Bailey Ormeche, Amanda Matias, Kimberly Balbino, Shannon Aleixo
(Fourth Row) Mr. Pires, Mrs. Fernandes, Nicholas Tavares, Stephanie Ferreira, Sonia Portela, Nathaniel Ferreira, Jacqueline Dias, Shayla Costa



As Schools Match Wits

(L-R) Everett Dec, Alyssa Fialho, Chelsea Johnson, Shannon Crowe, Chris Evans

"I like the way the team shows how smart LHS students are. There are six of us representing the school and it's a fun teamwork environment."

-Chelsea Johnson

"I am friends with the other members on the team, so it is fun when we get together. We know each other so well so we work together really well."

-Alyssa Fialho

Math Team

(L-R) Mr. Snow, Chris Barbeau, Katrina DiGloria, Shannon Crowe, Jon Young, Mr. Pires

"I am most proud of how much the team has improved throughout my involvement over the past few years." **-Chris Barbeau**

Club Members: Charles Cook, Shannon Deso, Kayla Egan, Kyle Kozaczka, Sarah Saccamando, Maria Stanek, Kiara Tatro

How much time does it take to organize Coffee House?

"A lot of work is put into Coffee House. We have to plan out who will bring the supplies and the food. We also have to create the performance schedule and go over all the lyrics to make sure they are appropriate."
-Maria Stanek

"It takes about two to three weeks to get the paperwork in, then another two weeks to get the supplies. After we have to make announcements with the date to get people to come."
-Kayla Egan

The Cub School Newspaper

(First Row L-R) Sarah Moreau, Faith Bolieau, Audrey Pilon, Anistacia Papuga, Jessica Sevigne
(Second Row L-R) Mr. Cangemi, Alexis Gamache, Alicja Kania, Chole Forrant, Jordan Leal, Ernad Minic, Lindsey Paradise, Alex Fransico, Jill Batista

What is the most interesting story you have covered?

"The story I am currently working on is about the prom dress code. This is an editorial I am doing and will be the most interesting and controversial piece I've written."

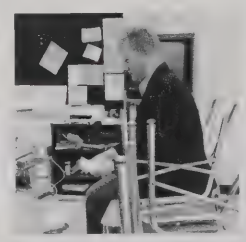
-Alex Francisco

"The most interesting was when I did a story about Kristen Bouquet, an LHS graduate, who interned with *Teen Vogue* and was able to go to New York for exclusive fashion shows and interviews."

-Jordan Leal

Drama Club

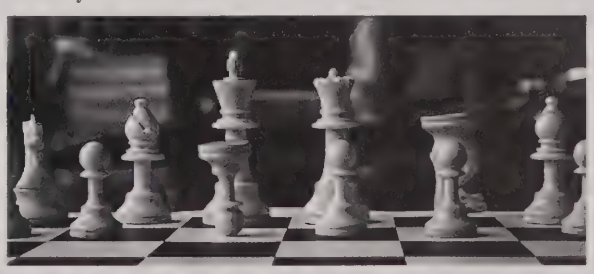
(First Row L-R) Kyle Cote, Katrina Kobus, Olivia Chartand
(Second Row L-R) Tessa Grassette, Kyle Kozaczka, Corey Costa, Dr. Johnson
(Third Row L-R) Joey Andrade, Adrien Rescia, Sean Nugent



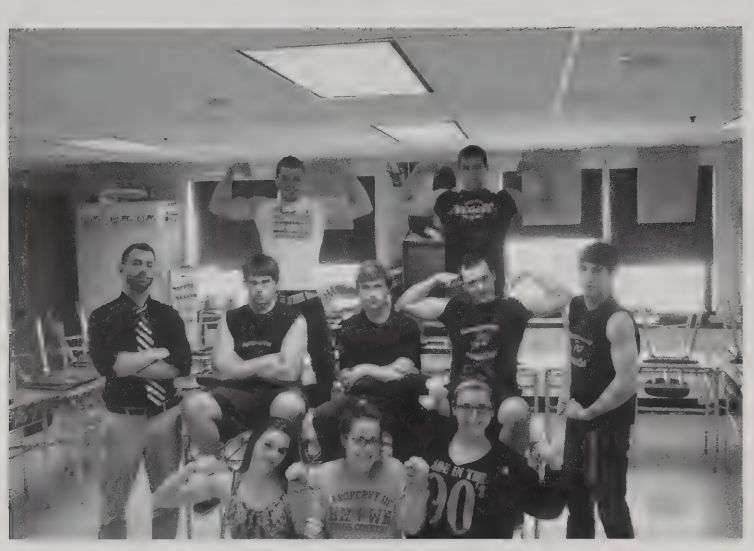
Photography Club

(First Row L-R) Shannon Deso, Timofy Gavrilov, Kyle Kozaczka
(Second Row L-R) Annette Robak, Meredith Sullivan, Tessa Grassette
(Third Row L-R) Stefania Mahar, Kathrine Menches, Hannah Goncalves
(Fourth Row L-R) Mr. Lee, Alyshia Valintine, Marie Nichole Meak, Bailey Ormeche

Photos taken by Photography Club



Fitness Club



(First Row L-R) Shannon Hastings, Belinda Josefyck, Danielle Gotta
(Second Row L-R) Mr. Woodman, Brian Saloio, Miles Iwasinksi, Konrad Lewandowski, John Ferrera
(Third Row L-R) Derek Hoeckh, Jon Luc Lavoie

G.S.A

(First Row L-R) Emilia McDaneld, Alex Gaughan
(Second Row L-R) Arianna Garcia, Mercedes Villeneuve
(Third Row L-R) Ms. Maguire, Ms. Smith
(Fourth Row LR) Jesnia Colon, Nadia Alves

Scrabble Club

(L-R) Jon Royce, Ms. Smith, John Lens

Ping-Pong Club

(L-R) Jon Royce, Mr, Vamosy, Chris Barbeau

Book Club

(Fist Row L-R) Kim McCarthy, Amber Curry, Maria Stanek
(Second Row L-R) Kathrine Alfonso, Cheyenne Patrie, Jocelyn Minie, Chole Forrant, Lauren Papianou

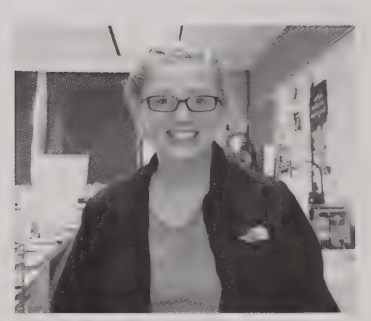
Best Buddies Club

(First Row L-R) Madison Carr, Arianna Garcia, Chole Forrant
(Second Row L-R) Madison Foye, Cheyenne Ryczek, Mandi Dorval, Kaitlin Jordan, Carly Croteau, Corey Vigneault Kukla

What was your favorite book that the club read this year?

"*Strings Attached* because it is something that I wouldn't have normally read, but I did because of Book Club. The club has opened me up to new types of genres."
-Elizabeth Kania

"*The Fault is in Our Stars,* the girls really connected well with this story and it touched all of our hearts."
-Amber Curry



1. Pull Ups
2. Squats
3. P-90X
4. Push-Ups
5. Core

Top Five Exercises

13
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Caitlin Duffy

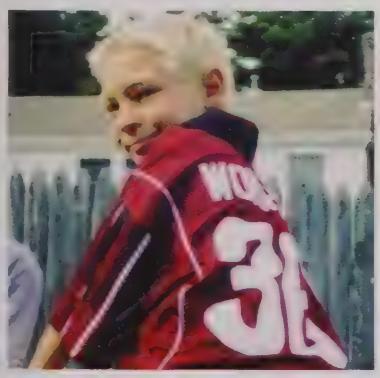
Our baby is all grown up now!
All Our Love,
Mom and Dad

Best wishes for a wonderful future Luke. We are so proud of you.
Love,
Grandma & Grandpa
Mac and Baci &
Dziadziu

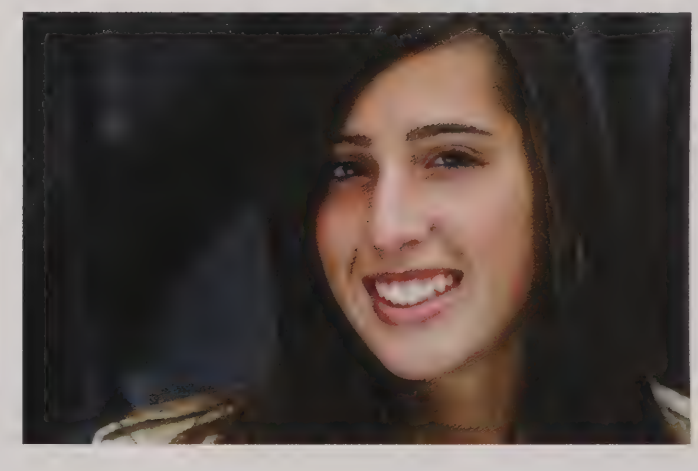
Alexa- Congratulations on your success and all that you have accomplished. There are still plenty of roads to discover, life to live, challenges to face, and moments to cherish!
With all our love and support Mom, Dad, Zack, and Nick

Luke Woishnis

We are all so proud of your accomplishments. You are a special son who has always been a great role model for your brothers.
Always have faith in your dreams!
All our love,
Dad, Mom, Ben and Drew

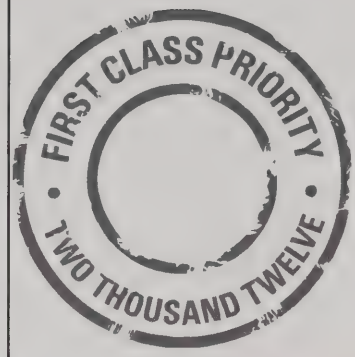


Jocelyn, You are loved for the little girl you were, the special woman you are now, and the precious daughter you will always be
Love Mom, Dad, and Rachel



Breanna Moylan

You have turned into a beautiful young lady and we are very proud of you- Love Mom and Dad



Samantha Belanger

Samantha,
You've made Dad and Mom so very proud of all your accomplishments. We wish you the best with your future plans.
Love Mom and Dad
Always and Forever

Francis J. Feeney
D.M.D., M.D.S.
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Stephanie McVeigh

Stephanie,
Congratulations on your high school achievements. We could not be more proud of you. Always remember nothing is more important than your personal relationship with Jesus Christ. God Bless,
Love Mom and Dad

Alexia Reyes

We are so proud of all your academic achievements. You have grown into a beautiful, loving, intelligent, responsible and hardworking young woman. We are very grateful to Jehovah God for blessing us with such a wonderful daughter.
With Love Mami & Papi

Robin,
We have shared many "firsts" with you. Now you will be our first to go to college. We are so proud!
Love, Mom and Dad

Dear Kara,
Your heart is a big as the world and your soul is even bigger, filled with love and compassion for everyone you meet. You are the best daughter any parent could ever ask for. Your future is ahead of you. Find all the good in the world and hold onto it, this will keep you focused. Keep your faith in God strong and you and He can accomplish all that is planned for you. Remember that your family will always be there for you.
We love you! Congratulations!
Love
Mom, Dad, Joel, Jared and Mathew

Colleen Dusel

Hakuna Matata!What a wonder phrase

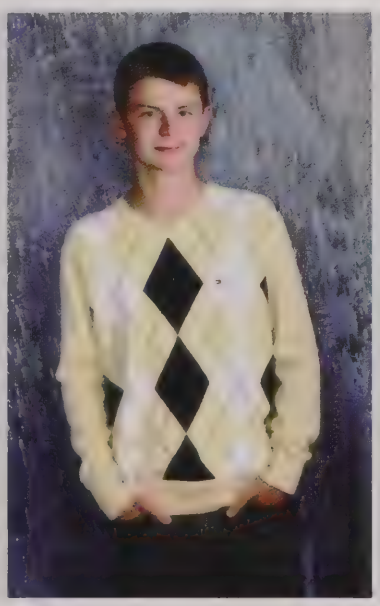
Hakuna Matata! Ain't no passing craze

It means no worries for the rest of your days

It's our problem-free philosophy
Hakuna Matata!

Remember to enjoy life's gifts and always remember where the Love lives!

We are so proud of you, Leenie
Mom, Dad, Kristyn, Lauren & Kevin



Jacob,
We have enjoyed watching you grow into a fine young man and are very proud of all your accomplishments. Always remember to stay true to yourself!
Congratulations!
Love, Mom, Dad and Monique

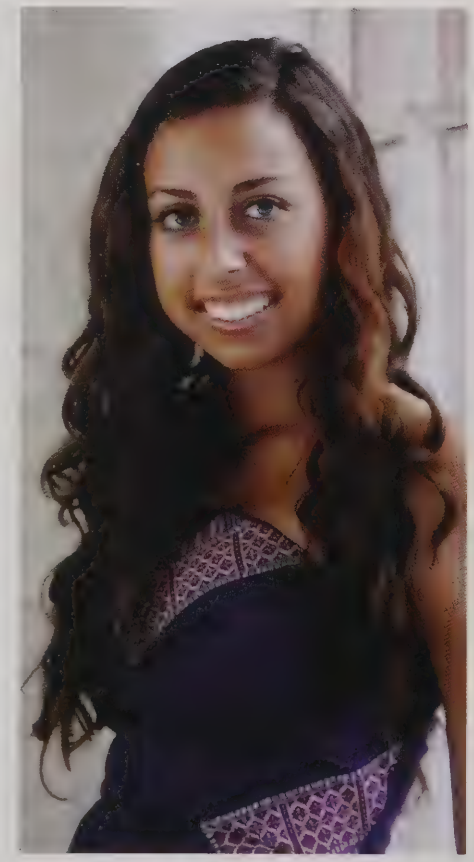
Wishing you a bright, successful future Adam.
May God bless you with many smiles ahead.
Love, Mom, Dad, David & Mariana

Marissa Lozada,
We are so very proud of you. You've blossomed into such a beautiful, smart, kind and caring woman. Reach for the stars and the world will be yours! Always follow your dreams.
We Love You, Mom, Shawn, Mikayla & Karizma

Taylor,
As we look back we are so very proud of the young lady you have become. We love our "Jesus Freak". Follow your dreams. Let Jesus & Faith guide you always. Love, Mom & Dad

Monica Mendes

I hope your dreams take you to the corners of your smiles, to the highest of your hopes, to the windows of your opportunities, and to the most special places your heart has ever known.
We are so proud of you.
Love,
Dad, Mom and Daniela

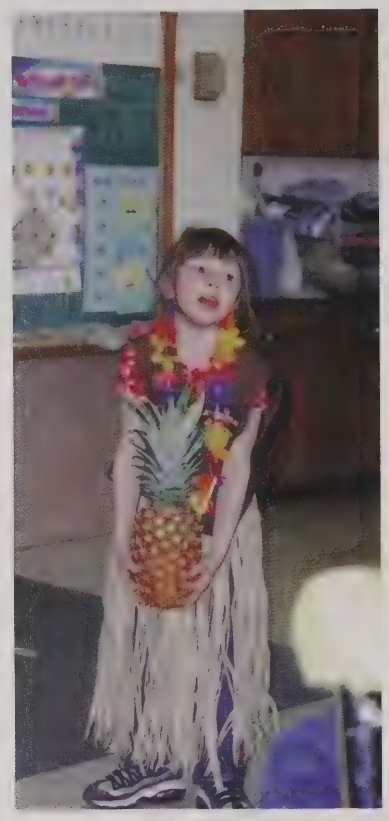


Congratulations Matthew

We're so proud of the young man you've become. We've loved watching you play this game since you were 4! Can't wait to keep watching. We know you will be successful in whatever path you choose!
We love you!
Love, Mom, Dad & Jenna

Congratulations Matthew!

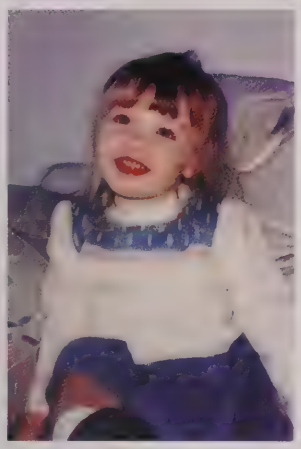
We're so proud of you!
Love,
Grandma C. & all of your Aunts, Uncles, & Cousins.



Sierra,

You are very special to our hearts and we are very proud of you! "You are anchored and will never sink."
Love Mom and Dad
Marina & Baci

Congratulations from your friends at Freedom Credit Union!



Chelsea Johnson

From the day you were born to today, you have only given us reasons to hold our heads up with pride. You have grown from a shy, quiet, little girl to a confident, strong, young woman. Always remember you can achieve anything in life with hard work and desire and never be ashamed to show what you know. We are very proud of you and love you very much.
Love,
Mom, Dad, and Hayley

Nichole Martins

When you were born we dreamed about the young woman you would become. You have turned out even better than our best dreams. Always remember the future belongs to those who believe in the beauty of their dreams.
Love, Mom & Dad

Ben,

It has been a long journey to get to this day and we are SO happy you made it. We are very proud of you. Our little boy has become a wonderful young man. Remember as you go forward in life keep your eyes on the stars and your feet on the ground.

Alycia

You are an amazing and beautiful woman since the day you were born you have brought happiness to my life. Don't ever lose your smile!
Love, Mom

Always a devoted sister & daughter
Loving heart that lies within
Young beautiful woman you've become
Caring aunt to her nephew
Intelligent in every way
Amazing since the day you were born

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Kylie Marie Echols

You are an amazing young woman. Since the day you were born you have faced so many challenges but with great strength and tenacity. We are very proud of you. You can do anything you choose in life, so reach for the stars and always remember how much we love you!
Love, Mom, Dad, Lyndsay, Cameron, Nick, Sophie

Meghan LaPointe

You've grown into such a beautiful, self confident and intelligent young woman and I'm very proud to be your mom. May you continue to follow your dreams wherever they take you. Love, Mom

Makayla

It seems like just yesterday we dropped you off for your first day of Kindergarten. Wow! What a beautiful young girl you have become in such a short amount of time. We wish all your dreams come true and you enjoy your journey through life. We are so proud of you.
Love, Mom, Dad and Makenzie

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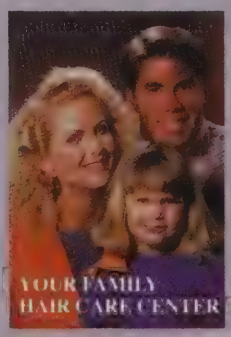

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If We Please You, Tell A Friend...
If Not, Tell Us

Sean,
The past holds
memories,
The future hold
promises,
Good luck as you
move on in life!
Love,
Dad, Ma, and Kayla

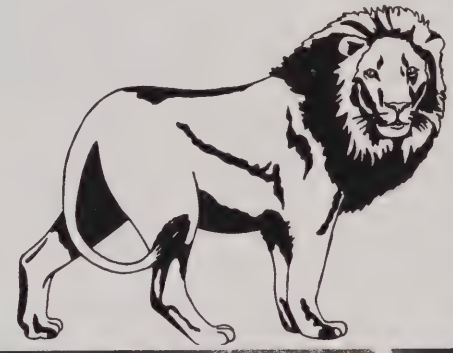
Thank You
Robin, Tessa, Abby and Katrina

You have worked so hard to make this Yearbook a success. Now it's time to kick back, relax, and enjoy the fruits of your labor
Love Lowe!

Congratulations 2013!!

Congratulations Class of 2013!

Morgan, Jocelyn, Lindsey, Ben and Carly - Dream Big - Laugh Large and remember anything is possible!
Thanks for the memories in April 2012!
Two years with you guys were great!
Mrs. Nemeth



SIGN HERE, PLEASE

The LHS 2012-2013 Yearbook Staff would like to say a few words!!!!

We hope that you enjoy this book as much as we enjoyed putting it together. We really tried our best to make this book a TRUE book of memories. Years later as you are sitting down to share this book with friends or perhaps even your children we want you to laugh, smile, and maybe even shed a few tears at the memories captured here.

Editor in Chief: Robin Decoteau
Senior Editors: Abigail Walczak, Tessa Grassette, Katrina Kobus
Senior Contributors: Meghan LaPointe, Maria Stanek
Junior Staff Contributors Allison Roy, Amber Curry
Special Contributors: Christopher Drewniak

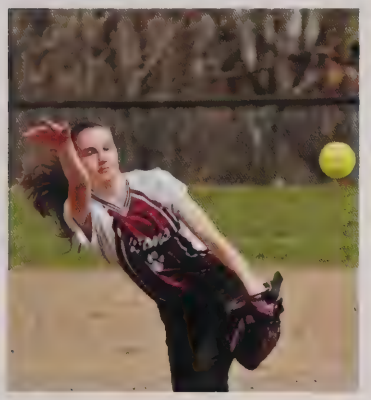
HERFF JONES

NewPage
Tri-certified

Softball

It was a rebuilding season this year for the Girl's Softball Team. The team worked hard despite the challenges of being a younger team. This season they were led by catcher and captain, Ashley Hitchcock. Mr. Graves was the coach and Miss. Gauthier served as his assistant. The girls look forward to next season and hope to continue improving.

(Below) Sophomore Julia Chmura hopes to strike out the batter with her underhand pitch.



(First Row L-R) Shannon Callahan, Ashley Hitchcock, Rebecca Costa, Ashley Benoit, Lauren Gamache
(2nd L-R) Julie Chmura, Autumn Maynard, Brianna Fitzpatrick, Gina Anselmo, Allie Monteiro
(3rd L-R) Zoe Frangules, Rachel Forcier, Stacia Papuga, Courtney LeDuc, Mika Matias

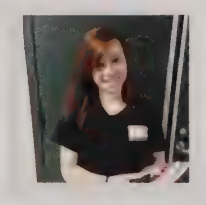
(Above) Senior Ashley Hitchcock gets in position to catch a strike.

(Above) Freshman Stacia Papuga throws the ball to a waiting infielder.

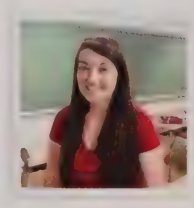
(Above) Junior Mika Matias sprints to first base after hitting the ball.

(Above) Junior Courtney LeDuc sends the ball soaring into the outfield.

"What was your greatest accomplishment this season?"



"Finally getting off crutches and being able to play. Also being able to support my team on the field as well as off of it."
- Rachel May



"My greatest accomplishment this season has been the adjustments that I made to correct my swing and it has really paid off."
- Rebecca Costa

Boy's Tennis

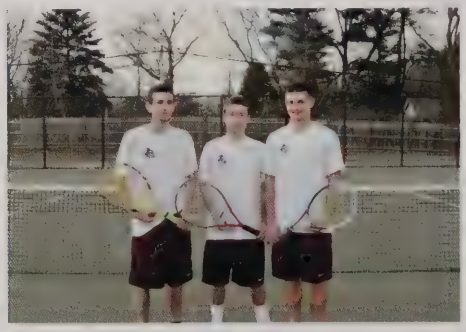
The Boy's Tennis season began with a great start. Although they did not make it to playoffs, they worked diligently towards their goals as a team. The team bonded together and grew closer with every game. Coach Rea encouraged each of the boys to personally improve their skills on the tennis team. It is evident that each player possesses a passion for tennis. Despite the outcome of the season, the boys never gave up and pushed through, and they should be applauded for that. Even though the seniors are leaving, we hope they continue to pursue their love for tennis and hope underclassmen can fill the seniors' shoes.

(Above) Cameron Labelle poses for a photo.

(Above) Zachary Hall hits the ball to the other side.

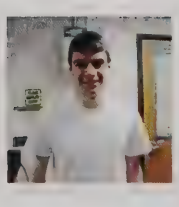
(Above) Sean Nugent gets ready to whack the tennis ball.

(Below) Seniors Joe Burns, Adam Goncalves, and Ian Dansereau get together for a picture.



"In your opinion, what was the highlight of the season?"

"The team tamed the courts against our competitors."
- Adam Goncalves



"The highlight of the season was when our team played against Westfield, and Ian was up against a French foreign exchange student!"
- Zachary Hall

(First row L-R) Nathan Quiterio, Cameron Labelle, Brandon Lafever, James Constantino
(Second row) Joe Burns, Billy Egan, Erik Nyzio, Zachary Hall, Ian Dansereau
(Third row) Adam Goncalves, Sean Nugent, Collin Giebner, Brandon Nowakowski, Nicholas Goncalves, Coach Rea

Girl's Tennis

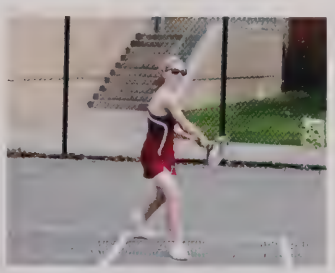
(Above Top Row L-R) Angela Catarino, Elizabeth Barrett, Brittany Dias, Jennifer Saloio, Mairead O'Sullivan, Coach Carlin
(Bottom Row L-R) Kelsey Jordan, Carly Masse, Katie Jordan, Jocelyn Minie, Cheyenne Ryczek , Aryelle Teixeira, Lauren Papianou

The Girl's Tennis Team had a great 2013 season and finished with a record of 11-8. They were led by senior captains Aryelle Teixeira and Carly Masse, and were coached by Mr. Carlin. The whole team attended Western Mass and participated in playoffs this year. During the season the girls came together to bond over Elsie's ice cream and become a family. While the departing seniors will be missed the girls are ready to make next season even better. They plan on working hard during the off season to come back next year ready to go.

(Left) Senior Aryelle Teixeira keeps her eye on the ball during the match.

(Above) Junior Cheyenne Ryczek models a perfect forehand swing during her match.

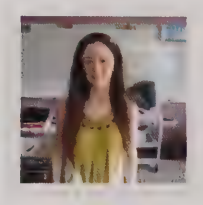
(Right) Junior Lauren Papianou keeps the ball out of bounds to continue the game.



(Below) Senior Carly Masse gives it her all to be successful in her match.

(Above) Junior Katie Jordan returns the ball to her opponent for the winning point.

"What was the greatest obstacle you faced this season and how did you overcome it?"

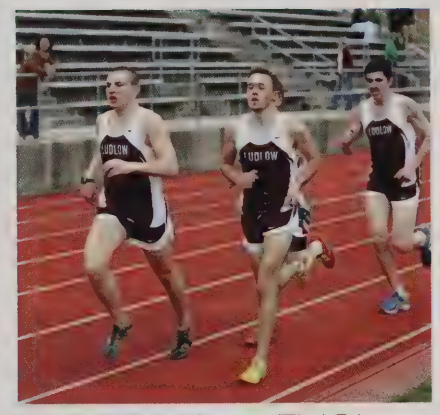


"The greatest obstacle I've faced is keeping a positive mentality even when I am losing. One of the things I do is take a step back and focus on how I can improve. This tends to get rid of any negative thoughts."
- Aryelle Teixeira

"When we played Sabis this year. I played with Jen Saloio and it was her first time playing, but we played well together and talked through it."
- Jocelyn Minie

Boy's Track

The season for the boy's track team was a good way to end the season with a 3-3 record. Several members of the team went on to compete in Division 1 Championships hosted at Holyoke High School. Although the team will be losing many of its key members as they graduate and move forward in their own lives, the team knows that its underclassmen will be there to carry the team through another year. Congratulations to the Boy's Track team on all their accomplishments this season.



(Above L-R) Sean Egan, Connor (Tim) Frigon, and Jon Royce motivate each other to finish the mile.

(Above) Brian Crowley takes the lead in the race.

"What was your goal for the season?"

"My goals for the season were to break the school record in the 800 and qualify for States individually."
- Patrick Klosek

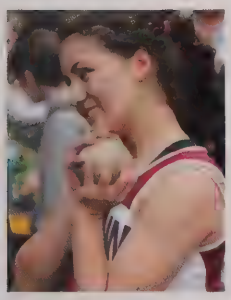
" My goal was to compete this year."
- Ben Milos

(Left) John Ferrera dominates in the pole vaulting event.

(Above) The track team gets together to cheer each other on before a meet.

(Above) Xavier Pereira hurtles to the finish line.

Girl's Track

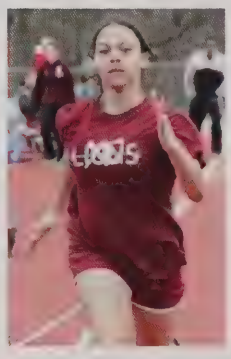


(Left) Olivia Nogueria preps herself for shot put while watching her teammates.

(Left) Sylwia Lipior leaps across the sand pit for the long jump.

(Below) Monica Lind speeds ahead of the track towards the finish line.

(Above) Michelle Almeida glides over the high beam to finish.

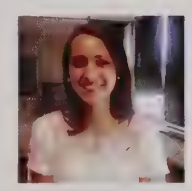


The Girl's Track team had another successful season this year. Led by Senior captains Ava Adamopoulis, Deaven Theriault, and Jocelyn Forcier, the team became close even though there were so many people in track. With such a high participation level, the girls made sure to cheer and support each other. They tried to improve the team as a whole, as well as each individual. For example, Senior Deaven Theriault set the school record for girl's track by running 5:28 for the mile. It is clear that the team was very enthusiastic, and they participated in track activities diligently. The seniors in the LHS track team have contributed immensely to the team's success, and the underclassmen will have to work to keep it up next year.

(First L-R) Allisen Goncalves, Alison Leecock, Sierra Marcus, Andrea Person, Breanna Moylin, Morgan Doherty, Alexandra Francisco, Elise Roberts, Alexis Holdsworth, Kayla Papuga, Kayla Mole, Sonia Manual (Second row) Alexa Repko, Michelle Almeida, Elizabeth Skaza, Jessica Sanchez, Breauna Allore, Victoria Freniere, Jillian Decoteau, Patrice Taylor, Deaven Theriault, Olivia Nogueira, Katherine Alfonso, Lillian Rodrigues, Silvia Mitus (Third row) Molly Palatino, Olivia Santos, Jocelyn Forcier, Madison Foye, Zoe Bryan-Nelson, Kayla Egan, Noelle Picard, Emily Dewolf, Gina Orlandi, Meghan Pereira, Sylwia Lipior, Alyssa Gion, Colleen Dusel, Abigail Kinsey (Fourth row) Amy Quenneville, Ava Adamopoulis, Disha Patel, Kylie Howard, Sarah Monette, Alison Pariseau, Alicja Kania, Alexandra Ferreira, Joanna Skora, Alondra Moreno, Aly Bruneault, Olivia Wojtowicz (Fifth row) Monica Lind, Ava Parent, Parker Nelson, Adrien Rescia, Alexis Cirulio, Erica Crespo, Kaeli Serafino, Brook Dias, Kierra McCarthy, Paula Yelnik, Kim McCarthy, Alexis Pereira, Theresa Marini, Meagan Dias (Sixth Row) Jocelyn Aguilar, Victoria Dias, Mia Jeronimo, Jill Coelho, Noelle Fradette, Jen Hackett, Stephanie Guillen, Andrea Taylor, Nicole Dias, Sydney Scyocurka, Amanda Matias, Emma Gomes, Krystal White, Sydney Leroux (Seventh row) Coach Walsh, Coach Brown

"What was your greatest accomplishment this season?"

"I love my thrower family. All of us are very close and we all work to achieve our individual goals but we consistently achieve our team goal to be supportive of each other."
- Ava Adamopoulis



"Even though it's a big team, we have great team chemistry and get along really well."
- Deaven Theriault

Boy's Volleyball

"What is your goal for the season?"

"My goal for the season is to win Western Mass."
- Eric Rucki

"Our goal for the season is to win Western Mass. We have amazing potential this year."
- Cody Dias

The Boy's Varsity Volleyball Team had a fantastic season this year. Senior Luis Quiterio served as the team's captain and led them to a successful season with a 15-3 record. Two members of the team, Chris Barbeau and Cody Dias, made super seven this year and were key players to the team's success. The team worked hard to be the best and they should be proud of their accomplishments. The seniors will be greatly missed next year and the boys will have to step it up to be triumphant next season.

(Above) Senior Luis Quiterio bumps the ball to a teammate.

(Above) Junior Nick Potorski blocks the ball from being hit over by the opposing team.

(Above) Senior Chris Barbeau spikes the ball over the net and scores.

(First Row L-R) Kyle Puzzo, Tristan Lage, Daniel Lavigne, Sean Fournier
(Second Row L-R) Cody Dias, Nate Turgeon, Luis Quiterio, Curtis Pereira, Eric Rucki
(Third Row L-R) Nick Potorski, Chris Barbeau, Tyler Bastos, Derek Pashko, Thomas Mullaney

(Above) The team gets pumped up and ready to win their match.

Baseball

(First Row L-R) Alex Soares, Austin Harris, Patrick Kelliher, Zach Dowling, Alex Davies (Second Row) James Patterson, Patrick Small, Nicholas Chisolm, Chris Charest, Dave Annecchiarico, Justin Nadolski (Third Row) Anthony Trigilio, Hunter Schinabeck, Kani Alli, Jake Murphy, Matthew Costa, Coach Fanning (Fourth Row) Kevin Borowiec, Matthew Corbin, Nelson Mourao, Alex Lafayette, Brett Layman, Adam Douville, Connor Duquette, Zach Frangules

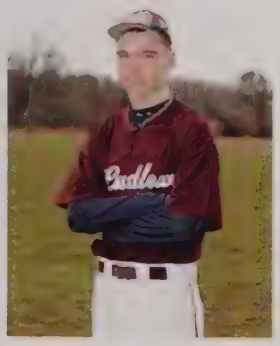
The baseball team had an excellent season this year. They started off strong and ended off even stronger. They won more than half of their 20 games. The boys used their determination and sportsmanship to best their opponents. For example, the team had a great game against their opponents in Northampton winning 14 to 3. Coach Fanning taught the boys techniques that would improve their game and ultimately lead them towards victory. Using their skills and cooperation, there's no wonder that the team had so much success. They gave it their all, and it payed off. The team would not have reached its goals without the help of the seniors. They will be greatly missed after they graduate. LHS commends all the players for their hard work this season. Great job boys!

(Far left) Tyler Quiterio gets ready to run to the next base.

(Left) Nicholas Forzano pitches the ball towards the opposing player at bat.

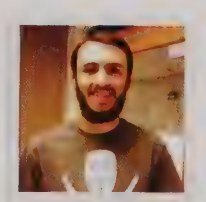
(Right) James Garrett throws the ball to a teammate.

(Below) Nicholas Chisolm gives the camera a smile.



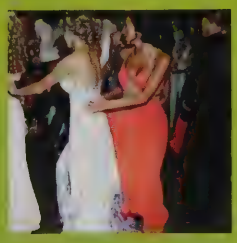
(Below) Coach Fanning watches his team from the sidelines.

"What are you most proud of this season?"

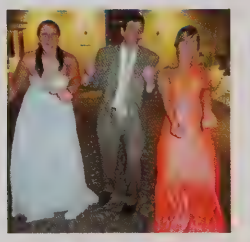


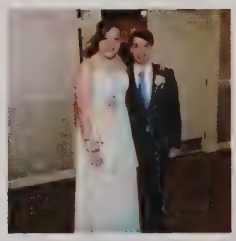
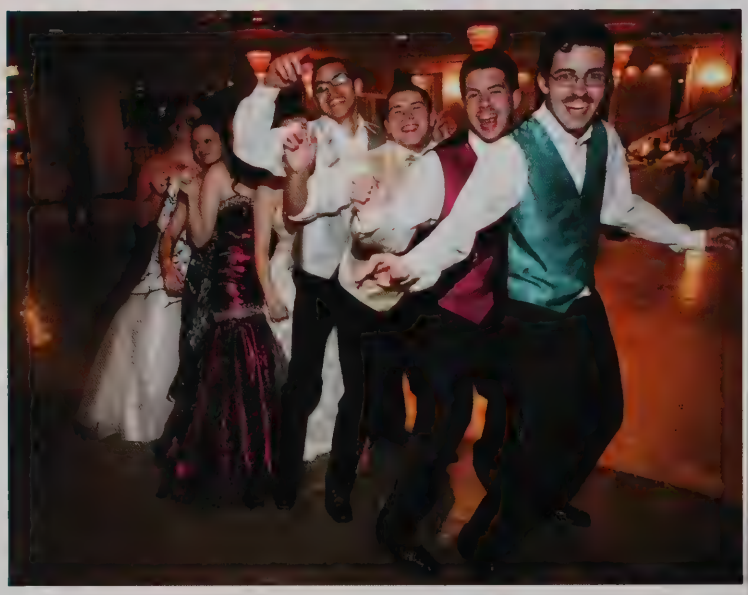
"This season I'm most proud of our win against Cathedral. We were losing 5-0 early in the game, but we were able to come back and win. They are a tough rival, and it was a great team effort!"
- James Garrett

"I am proud of the effort the team puts in for every game."
- Connor Duquette



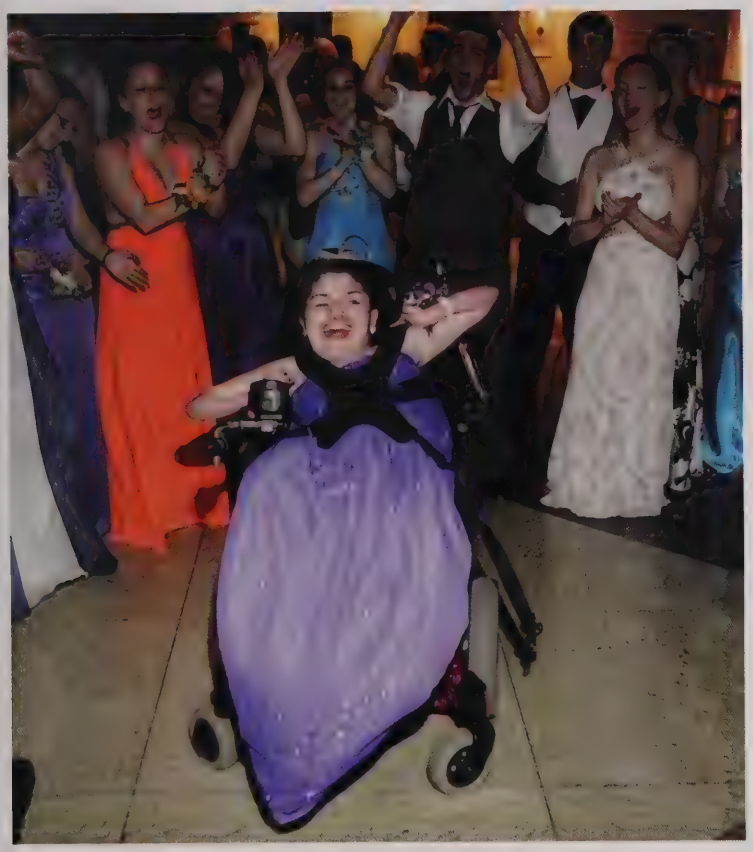
DANCE....DANCE



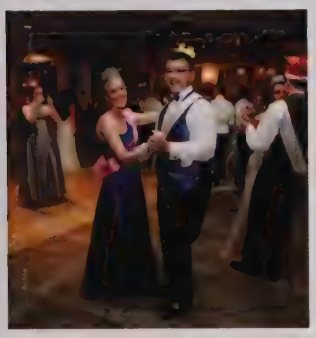



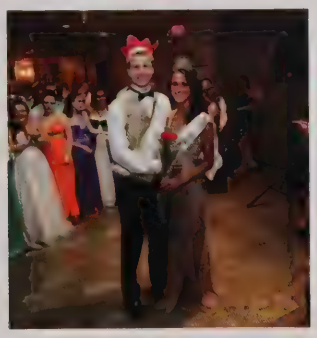
One of those meals.....

LHS PROM 2013 Chez Josef, Agawam

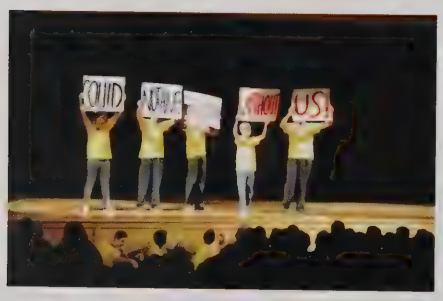


This year's prom was held at Chez Josef's. The junior class did a great job planning and executing the night's events. The dj played a good variety of music aided by the texted requests of the students. The winner's of prom prince and princess were Zecarlos Roxo and Kaitlin Jordan. Deaven Theriault and Brian Crowley reigned as prom king and queen. Fun was had by all who attended and it was truly "one of those nights"





Senior Show 2013
The Final Countdown



Behind the scene!
What happened before the curtain fell!

Senior Farewell
Tradition
Pride
Memories
From the Class of 2014
To the Class of 2013

A Senior SAID

"The skit was really good. I think you guys did a really good job getting the major personalities of the class, and it was super funny."

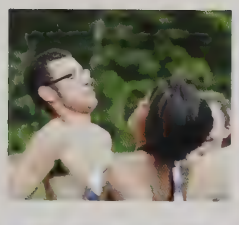
-Ava Adamopoulos

How do you think the Senior skit captured them?

A Junior SAID

"The skit was accurate because we were close to the seniors. So we made it really personal and did a great job showing their individual personalities."

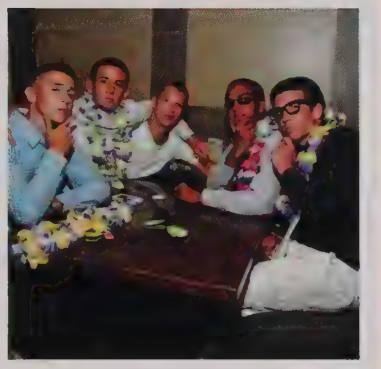
-Cam Labelle

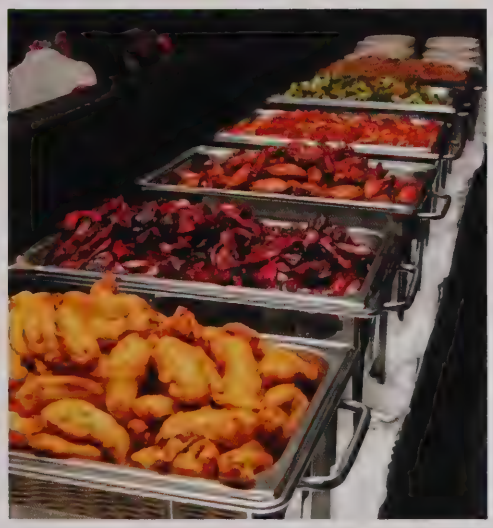


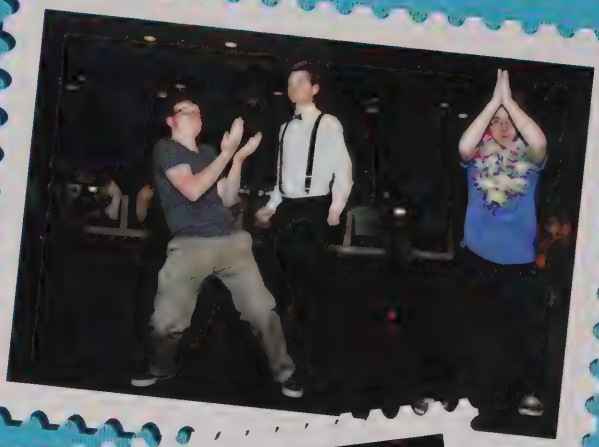
Senior Picnic 2013

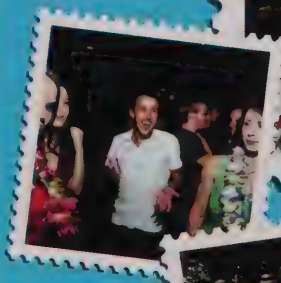
Senior Picnic took place on one of the hottest days of the school year, but that didn't stop the seniors from having a blast! To keep cool there were inflatable slip and slides and balloon tosses. Additional activities included volleyball, sack races, frisbee, and wheel barrel races. There was supposed to be a mechanical bull, but that was a no-go because it almost shorted out all the fun. Overall all of the seniors had a great day... except maybe the senior who went too hard on the slip and slide and sprained his ankle.

Senior Banquet
Hu Ke Lau!





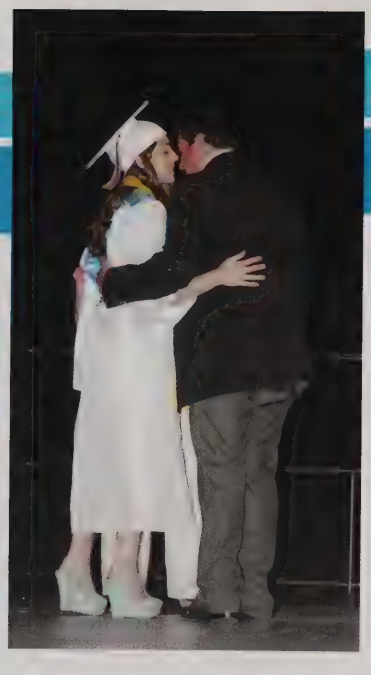
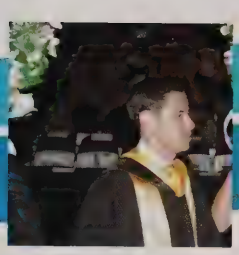


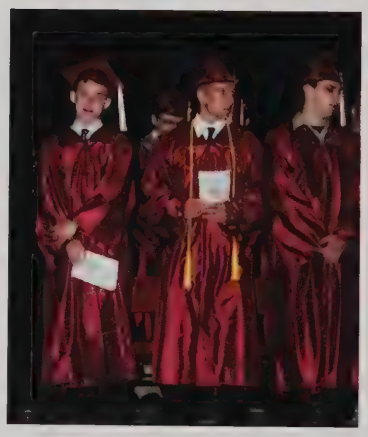


LHS 2013

Top 10

1. Alison Leecock
2. Aryelle Teixeira
3. Alyssa Fialho
4. Deaven Theriault
5. Kara Baillargeon
6. Kim Babiec
7. Katrina Kobus
8. Shauna Santos-Dempsey
9. Jessica Pashko
10. Disha Patel

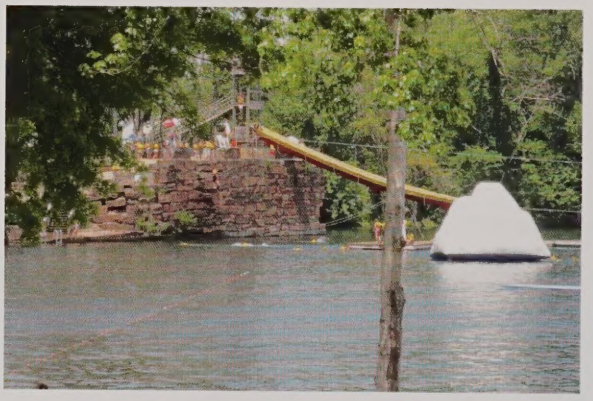



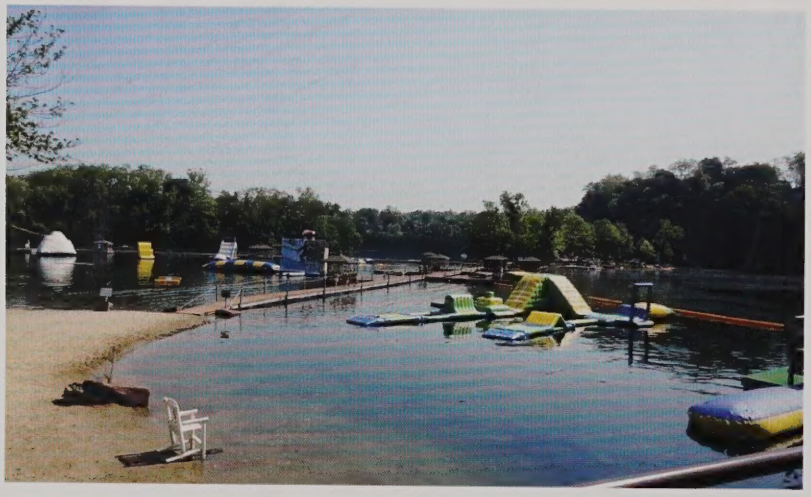


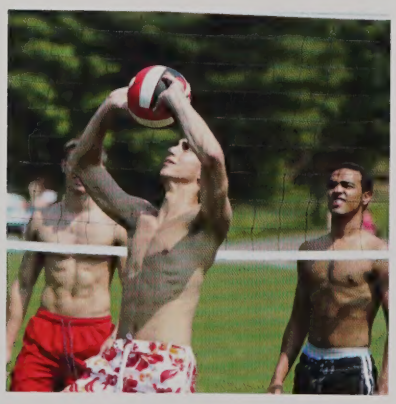
Pomp and Circumstance
Pride and Family

Ludlow High School Graduation June 6, 2013

Prepare for your future Class of 2013...







AIR MAIL
13
TWO THOUSAND THIRTEEN

AIR

FIRST CLASS

MAIL